

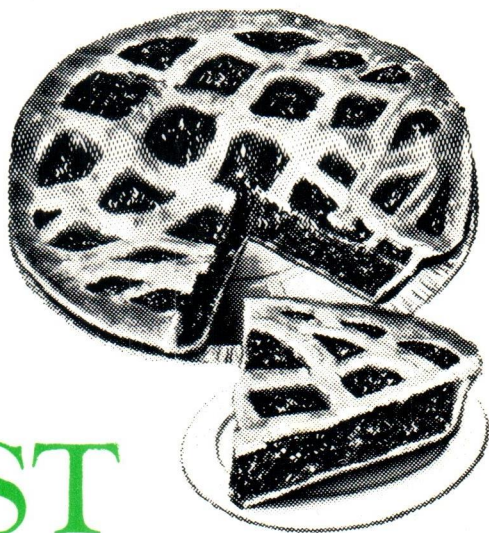
"The York" Cook Book

"OUR

BEST

TO

YOU"



Compiled by: YORK UNITED CHURCH WOMEN
York, Prince Edward Island

Our Best To You Recipes

Collected and Edited by
YORK UNITED CHURCH WOMEN
York, Prince Edward Island, Canada

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À La King	Served in a rich sauce containing mushrooms, peppers and pimento
au gratin	Topped with crumbs and/or cheese and browned in the oven or broiler
baste	To ladle drippings or other liquid over food as it roasts
blanch	To scald quickly in boiling water
braise	To brown in fat, then to cook covered in a small amount of liquid
dredge	To coat with flour prior to frying
dust	To sprinkle lightly, usually with flour or sugar
flute	To crimp the edge of a pie crust in a fluted design
fold in	To mix a light fluffy ingredient, such as beaten egg white, into a thicker mixture using a gentle over and over motion
garnish	To decorate with colorful and/or fancily cut small pieces of food
glace	Candied
knead	To manipulate dough with the hands until it is light and springy
marinate	To let food stand in a well-seasoned dressing for a few hours before using
parboil	To boil or simmer until partially tender as a preliminary to another method of cooking
poach	To cook in water kept just below its boiling temperature
sear	To cook meat at a very high temperature for a short time in order to quickly form a brown crust on the outer surface
sauté	To pan fry vegetables such as onion, mushrooms or peppers in butter
scallop	To bake small pieces of food "en casserole", usually in a cream sauce
shred	To cut or tear in thin slivers
score	To make criss-cross cuts over the surface of a food with a knife
simmer	To cook in liquid just below the boiling point
steam	To cook, covered, over a small amount of boiling water so that the steam circulates freely around the food, making it tender
steep	To let food soak in liquid until liquid absorbs its flavor, as in steeping tea in hot water
stew	To cook, covered, in boiling water

*a**Kitchen**Prayer*

Lord of all pots and pans and things; since I've no time to be
A saint by doing lovely things or watching late with Thee,
Or dreaming in the dawnlight or storming heaven's gates,
Make me a saint by getting meals, and washing up the plates.

Warm all the kitchen with Thy love, and light it with Thy peace;
Forgive me all my worrying and make all grumbling cease.

Thou who didst love to give men food, in room or by the sea,
Accept this service that I do — I do it unto Thee.

Amen

(Author unknown)

Our Best To You

'Our Best To You' contains more than 350 recipes which we have compiled with you, the active homemaker, in mind. Also, with the carefully prepared instructions to work from, the amateur or new cook may safely attempt the preparation of any of the recipes to be found herein. To teenagers, brides, or those of you taking up culinary responsibilities for the first time, as well as those with years of experience, we, the members of York United Church Women commend to you this recipe book. We are warmly appreciative of church friends and neighbours who have forwarded their favorite recipes to be included here for the benefit of all.

This is our second cook book. The first, 'The Art of Cooking in York', was compiled in 1972 and subsequent printings were quickly sold out. In 1980, our organization decided to compile a new book which would encompass the best features of our former yet give us an opportunity to introduce many fine new recipes which we are sure will find favor on your table and provide numerous tasty treats for your family.

To all those who like to cook:
We proudly invite you to read and look;
Turn the pages, test our wares,
Drive away your baking cares.
We're sure you'll enjoy our special book
And give one to another cook.

U.C.W. Cookbook Committee

Additional copies may be obtained from:

York United Church Women
Box 5, Site 3,
Little York, P. E. I.
C0A 1P0

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Beverages
and
Candy

FRUIT PUNCH

— Mrs. Harry (Doris) Birt

4 cups cranberry cocktail
1½ cups white sugar

4 cups pineapple juice
or grapefruit juice
4 qts. chilled ginger ale

Combine first three ingredients until sugar is dissolved. Just before serving add the ginger ale. Add orange and lemon slices and a few maraschino cherries for garnish.

SLUSH

— Mrs. Wendell (Joyce) MacQuarrie

A good nutritious drink for a hot afternoon
1 can crushed pineapple
1 small can frozen pink lemonade
1 small can frozen orange juice
2 over-ripe bananas (crushed)
A few cherries (cut up)

Mix together and freeze. When ready to serve, put some of above frozen mixture in a glass of ginger ale or seven-up and stir till it forms a slushy drink.

DOUBLE LIME PUNCH

— Darlene Lewis

½ pint (1 cup) lime sherbet
softened
1 can (6 oz.) frozen limeade
concentrate, thawed

2 bottles (7 oz. each) ginger ale,
chilled
2 cups water

In a punch bowl, stir together all ingredients.
About 10 half cup servings.

FRUIT PUNCH

— Mrs. Frank (Gertrude) Vessey

2 cups orange juice
½ cup lemon juice
2 pints cranberry cocktail

2 cups pineapple juice
4 large bottles sparkling
lemon-lime beverage

Mix first four ingredients. Pour over ice in large bowl. Add the lemon-lime beverage. Makes 50 cups (punch size).

STRAWBERRY MILKSHAKE

— Leslie Watts

3 cups strawberries, washed
and hulled
¼ cup sugar
salt

½ tsp. lemon juice
3 cups cold milk
½ pint strawberry or vanilla
ice cream

Crush strawberries and press them through a sieve. Add sugar, a pinch of salt and the lemon juice to sieved berries. Blend thoroughly. Chill mixture in refrigerator for at least 1 hour. Add cold milk and ice cream to chilled berry mixture. Beat until frothy and thoroughly combined. Pour into chilled tall glasses and serve at once. Makes about 4¼ cups.

BANANA BREAKFAST SODA

— Mrs. Fred (Earla) Oakes

1 egg
1 cup milk
1 small banana sliced

1 Tbsp. honey
1 scoop vanilla ice cream

Combine egg, milk, banana and honey. Beat until well blended. Pour into tall glass and top with ice cream. One serving.

PUNCH

— Mrs. Louis (Letha) Vessey

3 cups white sugar

2 cups water

Bring to a boil and cool.

Add —

 $\frac{1}{2}$ of large bottle orange soft
drink2 qts. ginger ale (2 large and
1 small bottle)

1 24-oz. bottle grape juice

Add the ginger ale just before serving. Chill to serve.

FUDGE "GLENDA"

— Lise Oakes

Beat before cooking —

1 cup white sugar
1 cup brown sugar
salt $\frac{1}{2}$ cup evaporated milk
4 Tbsp. corn syrup

Boil 7 - 10 min. (until it reaches the soft ball test). Then add:

2 Tbsp. butter

vanilla

Beat until the fudge loses its glossiness. Pour into an 8 x 8 buttered pan.

CHOCOLATE WALNUT CANDY

— Mrs. Nelson (Sharon) Vessey

 $\frac{1}{2}$ cup chopped nuts
 $\frac{3}{4}$ cup brown sugar (packed) $\frac{1}{2}$ cup margarine
1 cup chocolate chips

Scatter nuts on bottom of lightly buttered 9 x 9 pan. Bring sugar and butter to a boil. Boil 7 minutes at full rolling boil. Pour mixture over nuts in pan. Sprinkle chips over top. Cover for 2 minutes. Spread chips evenly. Chill in fridge until chocolate is firm. Break into pieces to serve.

FUDGE

— Mrs. Albert (Marion) Holmes

4 $\frac{1}{2}$ cups brown sugar
1 $\frac{1}{2}$ cups canned milk
3 Tbsp. corn syrup $\frac{1}{2}$ cup chopped nuts
3 Tbsp. butter
1 $\frac{1}{2}$ tsp. vanilla

Cook sugar, milk and syrup for 20 min. or until forms a soft ball in cold water. Remove from heat, add nuts, butter and vanilla. Beat until stiff. Pour into buttered pan.

MARSHMALLOWS

— Frances Vessey

Put 2 cups of white sugar and $\frac{5}{8}$ cup cold water in pan. Boil gently until it threads when dropped from a spoon or until it gets bubbly. While this is boiling, mix 2 envelopes of Knox gelatine with $\frac{5}{8}$ cup cold water and let soak until syrup is ready. Then pour gelatine mixture into the syrup and add 1 tsp. vanilla, $\frac{1}{8}$ tsp. salt and food coloring if desired. Leave to cool slightly, then beat with beater till fluffy and well cooled. Pour into 9 x 9 pan, buttered. Set in fridge. Fruit or nuts may be added if desired. Cut in squares with a sharp knife and roll in icing sugar.

OLD FASHIONED FUDGE

— Mrs. Clifford (Ella) Chappell

- | | |
|----------------------------|-----------------------------|
| 1 cup white sugar | 2 Tbsp. butter or margarine |
| 1 cup brown sugar (packed) | 1 tsp. vanilla |
| 2 Tbsp. corn syrup | $\frac{2}{3}$ cup milk |
| $\frac{1}{2}$ tsp. salt | |

To make chocolate fudge: Substitute the brown sugar with white sugar, (therefore 2 cups white sugar altogether). Add 2 oz. unsweetened chocolate or $\frac{1}{3}$ cup cocoa.

Mix sugar, milk, corn syrup and salt together in saucepan. Bring to a boil. Let candy boil until it comes to a soft ball stage when a small portion is dropped into cold water. Take off heat, add butter and vanilla. Beat until candy is thickened yet pourable. Pour into buttered pan.

FUDGE

— Mrs. Dewar (Grace) Swan

- | | |
|------------------------------|-------------------------|
| 1 cup white sugar | $\frac{1}{2}$ cup milk |
| 1 cup brown sugar | 1 tsp. vanilla |
| $\frac{1}{4}$ cup butter | chopped nuts if desired |
| $\frac{1}{4}$ cup corn syrup | |

Mix ingredients together in saucepan. Cook until it reaches soft ball stage on candy thermometer. Remove from heat and place pan in cold water for two minutes. Remove from water and add 1 tsp. vanilla and chopped nuts. Beat until creamy and begins to hold shape. Spread in a buttered pan. Cut in squares. If you wish to make chocolate fudge, add 3 Tbsp. cocoa before cooking.

MASHED POTATO CANDY

— Mrs. Bernard (Susan) Pepin

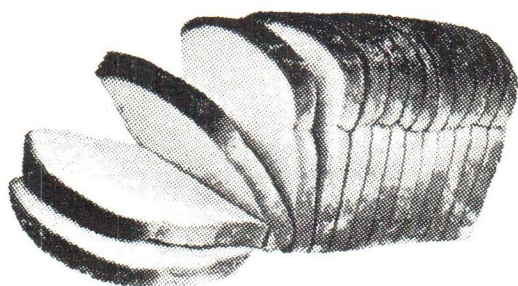
- | | |
|--------------------------------------|-----------------------------|
| $\frac{3}{4}$ cup cold mashed potato | $1\frac{1}{2}$ tsp. vanilla |
| 4 cups confectioners sugar (icing) | $\frac{1}{2}$ tsp. salt |
| 4 cups shredded coconut | 8 oz. semi-sweet chocolate |

Mix mashed potato with icing sugar. Stir in 4 cups shredded coconut. Add vanilla and salt and blend well. Press into large pan. Melt chocolate over hot water, then pour over candy quickly. Cool and cut. Delicious!

CANDY THERMOMETER HINTS

To check candy thermometer accuracy, let stand 10 minutes in boiling water. Thermometer should read 212 degrees. If there is any variation, subtract or add to make the same degree of allowance in testing candy.

Thread	230 degrees to 234 degrees
Soft ball	234 degrees to 238 degrees
Medium ball	238 degrees to 244 degrees
Firm ball	244 degrees to 248 degrees
Hard ball	248 degrees to 254 degrees
Very hard ball	254 degrees to 265 degrees
Light crack	265 degrees to 285 degrees
Hard crack	290 degrees to 300 degrees



*Bread, Rolls
and
Muffins*



WHITE BREAD

— Mrs. Dewar (Grace) Swan

12 cups flour
 ¼ cup white sugar
 2 Tbsp. salt

3 Tbsp. shortening
 1 Tbsp. (1 pkg.) yeast
 5 - 6 cups water

Take 1 cup warm water (not hot) and 2 tsp. sugar. Add yeast and stir. Let stand about 10 min. until yeast is dissolved and add to the first four ingredients. Then add 4 cups water and mix, adding more water if necessary to make a soft dough.

Knead well on lightly floured board and place in greased pot or pan. Cover and let rise until double in bulk. (I usually place mine in warm water in sink). Turn out on board and shape into loaves. Place in well greased pans. Let rise approx. 1½ hours in warm place. Bake at 350° F. for one hour. This makes five medium loaves.

WHOLE WHEAT BREAD

— Frances Vessey

Scald: 1 cup milk and pour over ¼ cup brown sugar, ¼ cup shortening, ½ cup molasses, 2 tsp. salt.

Add: 2½ cups hot water. Let cool to lukewarm.

Soak 1½ Tbsp. dry yeast in 1 cup warm water and 1 tsp. white sugar. After five minutes stir and let stand 5 more minutes, then add to milk and water mixture. Mix well 1 (2-lb.) bag (1 kg) whole wheat flour and 3 cups all purpose flour and knead into milk and water mixture. Set in warm place to rise until doubled **twice**. Shape into loaves and place in well greased pans in warm place until doubled in bulk. Bake at 350° F. for 1 hour. Remove from oven and brush with butter. Yield — 3 loaves.

ROLLED OATS BREAD

— Mrs. Barry (Betty) MacDonald

2 cups boiling water
 ½ cup molasses
 2 tsp. salt
 1 Tbsp. butter

1 yeast cake dissolved in
 ½ cup lukewarm water
 1 cup rolled oats
 5 cups flour

Add boiling water to oats and let stand one hour. Add molasses, salt, butter, dissolved yeast cake and flour. Beat thoroughly. Let rise and beat again. Turn in buttered bread pans. Let rise and bake 40-60 min. in hot oven 375° F. to 425° F.

Or try this variation:

With prunes or nuts — after first rising, add 1 cup chopped nuts or prunes cut in pieces or use ½ cup of each.

TEA ROLLS

— Mrs. Roland (Dora) Buntain

½ cup scalded milk
 ½ cup tepid water
 1 pkg. yeast
 2 Tbsp. shortening

1 Tbsp. sugar (white)
 1 tsp. salt
 1 beaten egg
 3 cups flour.

Dissolve yeast in the ½ cup of tepid water and 1 tsp. sugar. Add scalded milk to the 1 Tbsp. sugar, shortening and salt. Cool to lukewarm and add beaten egg and dissolved yeast. Mix in flour to make soft dough. Set to rise in a warm place for about an hour. Shape into rolls and let rise until light. Bake in moderate oven 350° F. - 375° F.

CLOVERLEAF ROLLS**Mrs. Clifford (Ella) Chappell**

- | | |
|------------------------------|---------------------------|
| $\frac{3}{4}$ cup shortening | 1 yeast cake |
| 1 cup white sugar | 3 cups water |
| $1\frac{1}{2}$ Tbsp. salt | $9\frac{1}{2}$ cups flour |

Melt shortening, add sugar and salt and 2 cups of the water. Heat 1 cup of the water to lukewarm and add yeast. Let stand in warm place ten minutes. Mix well and add flour. Mix well with spoon then knead well on floured board. Put to rise with a light cover for about 2 hours or until dough is doubled in size. Turn out dough on lightly floured board, cut pieces of dough equivalent to 1 Tablespoon and roll in balls. Place 3 in each section of greased muffin pan. Let rise until double in bulk in warm place. Cover with light cloth. Preheat oven to 400° F. Bake 15 minutes or until golden brown.

ICE BOX ROLLS**— Mrs. Frank (Lillie) Watts**

- | | |
|----------------------------------|-------------------------------|
| Dissolve 1 pkg. yeast in: | 4 Tbsp. shortening |
| 1 cup lukewarm water | $\frac{1}{2}$ cup white sugar |
| 1 Tbsp. sugar | $1\frac{1}{2}$ tsp. salt |
| Stir and let stand about 10 min. | 1 egg |
| | 5 cups flour |

Mix shortening, sugar, salt and egg and add water and dissolved yeast. Add the five cups of flour and knead well and place in greased bowl placed in warm water to rise until double in size. Cut down and let rise again. Turn on floured board and shape any way desired. This recipe makes about $2\frac{1}{2}$ to 3 doz. rolls. If you only wish to make one dozen rolls, place remaining dough in well covered dish in fridge and use at a later time. (These will take longer to rise). Let rise until double in size and bake in a 375° oven for about 12-15 minutes.

DATE MUFFINS**— Mrs. Arthur (Phyllis) Brown**

- | | |
|----------------------------------|---------------------|
| 1 cup dates, chopped | 1 tsp. baking soda |
| 1 cup boiling water | 1 cup brown sugar |
| 2 Tbsp. butter | 1 egg, well beaten |
| $1\frac{3}{4}$ cups pastry flour | salt |
| 1 tsp. vanilla | 1 cup nuts, chopped |

Combine dates, water and butter, let cool. Add soda to flour and sift three times. Add sugar, egg and nuts to date mixture, add flour and blend well. Add vanilla. Bake in greased muffin pans in moderate oven for 25 min. Roll in icing sugar.

BRAN MUFFINS (REFRIGERATOR)**— Mrs. Louis (Letha) Vessey**

- | | |
|----------------------|---------------------------|
| 3 cups white sugar | 1 quart buttermilk |
| 1 cup shortening | 2 cups raisins (seedless) |
| 3 Tbsp. soda | or dates |
| 1 Tbsp. salt | 2 cups 100% all bran |
| 2 cups boiling water | 4 cups bran flakes |
| 4 eggs | 5 cups flour |

Pour boiling water over 100% all bran and let stand. Cream shortening and add sugar, eggs, then add buttermilk. Now add the 100% bran mixture. Sift flour, soda, salt and add this and then the bran flakes, folding gently add the raisins or dates. Place in large plastic container and keep in the fridge. Do not use for 24 hours. When you wish to make muffins, grease muffin pans and fill about $\frac{3}{4}$ full and bake 15 - 20 minutes at 400° F. This batter will keep in the fridge for 3 weeks or more.

A 4 litre ice cream container is just the right size to hold the batter.

CARROT MUFFINS

— Mrs. Fred (Earla) Oakes

- | | |
|--|-------------------------------|
| 1 cup flour | 2 eggs, beaten |
| $\frac{1}{4}$ cup brown sugar (packed) | 1 cup finely shredded carrots |
| 2 tsp. baking powder | $\frac{1}{4}$ cup cooking oil |
| $\frac{1}{2}$ tsp. salt | 1 Tbsp. lemon juice |

Thoroughly stir together flour, brown sugar, baking powder and salt. Make a well in center. Combine eggs, carrots, oil and lemon juice, add all at once to dry ingredients, stirring just until moistened. Fill well-greased or lined muffin pans $\frac{2}{3}$ full. Bake at 400° F. 18 to 20 minutes. Makes 8 muffins.

BRAN MUFFINS

— Mrs. Lowell (Mary Lou) Vessey

- | | |
|-------------------------------|--------------------------------------|
| 1 cup brown sugar | 1 cup sour milk |
| 1 egg | 1 cup flour |
| $\frac{1}{2}$ cup cooking oil | $\frac{1}{2}$ tsp. baking soda |
| 1 cup pure bran | 1 tsp. baking powder |
| 1 tsp. vanilla | $\frac{1}{2}$ cup raisins (optional) |

Mix ingredients in order given. Bake in greased or lined muffin tins. Bake at 350° F. for 20 minutes. Makes 14 - 16 muffins.

CRANBERRY MUFFINS

— Mrs. Malcolm (Anita) Allan

- | | |
|---|---------------------------------|
| $\frac{3}{4}$ cup fresh cranberries, halved | $\frac{1}{4}$ cup sugar (white) |
| $\frac{1}{2}$ cup powdered sugar | 1 egg, well beaten |
| 2 cups flour | 1 cup milk |
| 3 tsp. baking powder | 4 Tbsp. melted shortening |
| $\frac{1}{2}$ tsp. salt | |

Mix cranberries with powdered sugar and let stand while preparing muffin mixture. Sift dry ingredients. Add egg, milk and melted shortening all at once. Mix until dry ingredients are dampened, do not beat. Fold in sugared cranberries. Fill muffin tins $\frac{2}{3}$ full. Bake in moderate oven 350° F. for 20 minutes. Makes 1 dozen.

CORNMEAL MUFFINS

— Mrs. Parker (Irene) Jewell

- | | |
|-------------------------------|----------------------------|
| $\frac{1}{4}$ cup shortening | 1 cup flour |
| $\frac{1}{4}$ cup white sugar | $\frac{1}{2}$ cup cornmeal |
| 2 eggs | salt |
| 1 cup milk | 3 tsp. baking powder |

Cream shortening and sugar. Add eggs and blend well. Add the dry ingredients alternately with the 1 cup milk. Stir only to blend. Quickly place in oven to bake at 400° F. till golden brown.

BLUEBERRY MUFFINS

— Shelley Simpson

- | | |
|-------------------------------|---|
| 2 cups flour | 4 Tbsp. vegetable oil or |
| 3 tsp. baking powder | melted fat |
| 1 tsp. salt | 2 eggs well beaten |
| $\frac{1}{2}$ cup white sugar | $\frac{3}{4}$ cup lightly floured blueberries |
| $\frac{3}{4}$ cup milk | |

Sift dry ingredients together. Add milk to beaten eggs and oil. Add wet ingredients to dry ingredients. Stir in the floured blueberries. Stir only enough to dampen dry ingredients. Drop by spoonfuls in greased muffin pans until $\frac{2}{3}$ full. Bake 15 - 20 minutes at 400° F. or until a golden brown. Delicious served hot!

BISCUITS**Mrs. Frank (Dorothy) Lewis**

3 cups flour
 ½ cup shortening
 3 tsp. cream of tartar
 1 tsp. baking powder
 1½ tsp. soda

¾ cup milk powder
 1 tsp. salt
 1 egg added to water to make
 1½ cups

Mix dry ingredients thoroughly. Make well in center. Beat egg and add water to make 1½ cups. Pour into well. Mix together lightly with fork. Pat out on board. Cut and bake 450° F. for 12 min. Milk can be used in place of water and omit milk powder.

TEA BISCUITS**— Nancy Mallett**

2 cups flour
 4 tsp. baking powder
 1 tsp. salt
 2 Tbsp. sugar

½ tsp. cream of tartar
 ½ cup shortening
 ¾ cup good milk
 (½ milk and ½ cream)

Sift dry ingredients together. Cut in shortening with pastry blender quickly and with a light touch until mixture is mealy. Using a fork stir in milk quickly and stir just until dough leaves side of bowl. Knead quickly and gently on floured board. Pat down dough to ½ inch thickness and cut with biscuit cutter. Place on ungreased cookie sheet. Bake at 400° F. for 12 - 15 minutes.

WHOLE WHEAT BISCUITS**— Mrs. George (Elizabeth) Cairns**

2 cups white flour
 1 cup whole wheat or graham
 flour
 6 tsp. baking powder

1 tsp. salt
 2 Tbsp. white sugar
 ¼ lb. shortening
 1½ cups milk

Sift dry ingredients together. Blend in shortening. Add milk to make a soft dough. Mix together lightly and turn out on floured board. Roll lightly and cut in rounds. Bake in hot oven — 425° F. for 10 - 12 minutes.

BRAN BISCUITS**— Mrs. Harry (Florence) Lewis**

4 cups flour
 1 cup bran
 1 cup brown sugar
 2 Tbsp. molasses
 1½ tsp. soda

1½ tsp. salt
 1 tsp. baking powder
 5 Tbsp. lard or shortening
 1 - 1½ cups milk

Mix dry ingredients, cut in lard, add enough milk to make a soft dough and handle lightly. Roll, cut and bake at 400° F.

PRUNE BISCUITS**— Mrs. Arthur (Phyllis) Brown**

1 cup sifted flour
 4 tsp. baking powder
 ½ tsp. salt
 6 - 12 chopped stewed prunes
 1 cup whole wheat flour

grated rind of 1 lemon
 4 Tbsp. shortening
 ¾ cup milk
 ¼ cup brown sugar

Blend together flour, baking powder, salt, whole wheat flour, shortening, lemon rind and milk. Make into a soft dough. Roll ¾ inch thick. Spread with chopped prunes and sprinkle with the ¼ cup brown sugar. Roll as for jelly roll and cut in one inch slices and bake in a moderate oven for about 30 minutes.

DOUGHNUTS

— Mrs. Elmer (Glenda) MacLean

4 Tbsp. melted butter	1 tsp. nutmeg
1 cup white sugar	1 tsp. ginger
2 eggs beaten	1 tsp. salt
$\frac{2}{3}$ cup milk	3 cups flour
1 tsp. lemon flavoring	6 tsp. baking powder

Sift dry ingredients together. Cream butter and sugar and add beaten eggs. Add dry ingredients alternately with the milk. Chill before frying in fat heated to 360° F. - 365° F. Brown evenly and drain on paper towels. Roll in sugar if desired. Doughnuts may be rolled and cut with a cutter or rolled in small balls and dropped in hot fat.

WHOLE WHEAT BANNOCK

— M. Rose Watts

1½ cups whole wheat flour	4 tsp. baking powder
1½ cups white flour	$\frac{3}{4}$ tsp. salt
3 Tbsp. sugar	1 egg beaten added to milk
4 Tbsp. shortening	to make 1 cup

Blend dry ingredients and shortening together and add liquid. Mix lightly. Do not handle too much. Roll as for biscuit dough. Bake in a moderate oven 350° F. - 375° F.

BAKED SPICY DOUGHNUTS

— Mrs. Fred (Earla) Oakes

6 Tbsp. sugar	$\frac{1}{4}$ tsp. nutmeg
1 egg	$\frac{1}{3}$ cup milk
$\frac{1}{2}$ tsp. vanilla	* * *
1¼ cup flour	$\frac{1}{2}$ cup melted butter
2 tsp. baking powder	$\frac{1}{2}$ - $\frac{2}{3}$ cup white sugar
$\frac{1}{8}$ tsp. salt	1 to 1½ tsp. cinnamon
$\frac{1}{4}$ cup soft butter	

Butter 16 small muffin cups. Beat $\frac{1}{4}$ cup butter until creamy, then add 6 Tbsp. sugar, the egg and vanilla. Beat until fluffy. Sift dry ingredients and stir in alternately with the milk. Spoon into prepared cups and bake at 375° F. for about 15 minutes. Melt the remaining butter and pour into a bowl and mix sugar and cinnamon in a second bowl. When doughnuts are baked remove from pan and while hot roll in melted butter, then in the sugar-cinnamon mixture. Serve warm in a basket.

JOHNNY CAKE

— Mrs. George (Elizabeth) Cairns

1 cup cornmeal	$\frac{1}{2}$ cup milk
----------------	------------------------

Mix together and set aside..

Sift together:

1¼ cups flour	1 tsp. salt
2½ tsp. baking powder	

Cream $\frac{1}{2}$ cup shortening, beat in $\frac{1}{2}$ cup sugar, 1 egg, 1 cup milk. Add dry ingredients, then blend in cornmeal mixture. Bake in 8 inch pan at 350° F. — 40 - 45 minutes. Cool 5 minutes, then remove from pan.

LITTLE BREAD

— Mrs. Leonard (Myrtle) Andrews

$\frac{1}{2}$ cup butter
 2 cups sugar (white)
 2 eggs
 1 tsp. vanilla
 1 cup raisins

2 cups water
 2 tsp. soda
 4 cups flour
 $\frac{1}{2}$ tsp. salt

Mix together butter, sugar, eggs and vanilla. Boil together the raisins, water and soda. Cool. Add flour and salt to the butter and sugar mixture alternately with the cooled raisin mixture. Pour into well greased 24 oz. cans until they are $\frac{3}{4}$ full. Bake at 400° F. for 60 minutes. Must be baked in cans for best results.

SUBSTITUTIONS AND EQUIVALENTS

Milk, 1 cup — Use $\frac{1}{2}$ cup evaporated milk + $\frac{1}{2}$ cup water or 4 Tbsp. dried milk + 1 cup water.

Buttermilk or sour milk, 1 cup — Use 1 or 2 Tbsp. vinegar or lemon juice with enough sweet milk to fill one cup. Let stand 5 minutes.

Cornstarch, 1 Tbsp. — Use 2 Tbsp. flour.

Chocolate, 1 oz. or 1 square — Use 3 Tbsp. cocoa + 1 Tbsp. shortening.

Egg, 2 large — Use 3 small eggs.

For thickening — Use 1 Tbsp. tapioca, or 1 Tbsp. cornstarch or 2 Tbsp. flour.

Cake flour, 2 cups — Use $1\frac{3}{4}$ cups all purpose flour.

Honey, 1 cup — Use $\frac{3}{4}$ cup sugar + $\frac{1}{4}$ cup water.

1 Tbsp. flour or $\frac{1}{2}$ Tbsp. cornstarch equals the thickening power of 1 whole egg or 2 yolks.

Graham wafer crumbs, 1 cup — Use 15 wafers.

Baking powder, 3 tsp — Use 2 tsp. cream of tartar and 1 tsp. soda.

Macaroni or spaghetti, 8 oz. pkg. equals 4 cups cooked.

Rice, 1 cup raw equals 3 cups cooked.

1 Lemon, medium, equals 3 Tbsp. juice.

1 Lemon, rind lightly grated equals $1\frac{1}{2}$ tsp.

1 Orange, medium, equals $\frac{1}{2}$ cup juice.

1 Orange, rind grated equals 1 Tbsp.

2 Tbsp. shortening equals 1 oz.

Whipping cream, $\frac{1}{2}$ pint equals 2 cups when whipped.

Cheddar cheese, $\frac{1}{2}$ lb. equals 2 cups grated.

BASIC MIX — Mrs Arthur (Emily) Johnson Have you ever tried a basic mix? Here is how it works. You mix up a large quantity of basic mix on a day that is not too busy. Then on days when you are busy you can use your mix to save you time when you wish to make: biscuits, pancakes, muffins, gingerbread, cookies or cake.

THE BASIC MIX

9 cups all purpose flour
6 Tbsp. baking powder or $\frac{1}{3}$ cup
1 Tbsp. salt
2 tsp. cream of tartar

4 Tbsp. sugar
1 cup skim milk powder
2 cups shortening

Method:

1. Mix all dry ingredients together.
2. Cut in shortening with pastry blender until mixture looks like coarse meal.
3. Store in covered container or plastic bag.
1 Basic Mix yields 13 cups.

FOLLOW CHART BELOW FOR RECIPES FOR USE: (When measuring the basic mix, pile lightly into cup and level off.)

		Temp.	Time	Mix	Sugar	Water	Eggs	Other Ingredients and Mixing Instructions
Biscuits	15-20	400° F.	10 min.	3 cups		$\frac{2}{3}$ cup		Mix till blended Knead lightly
Muffins	(12)	400° F.	20 min.	3 cups	2 T.	1 cup	1	Till ingredients just moistened
Pancakes	(18)			3 cups		$1\frac{1}{2}$ cups	1	Until blended
Waffles	(6)			3 cups		$1\frac{1}{2}$ cups	1	Until blended
Gingerbread 8 x 8		350° F.	40 min.	2 cups	4 T.	$\frac{1}{2}$ cup	1	$\frac{1}{2}$ c. molasses $\frac{1}{2}$ tsp. cinnamon $\frac{1}{2}$ tsp. ginger $\frac{1}{3}$ tsp. cloves Beat all together 3 minutes
Oatmeal Cookies (4 doz.)		350° F.	10-12 min.	3 cups	1 cup	$\frac{1}{3}$ cup	1	1 t. cinnamon 1 c. rolled oats Mix till blended
Drop Cookies (4 doz.)		350° F.	10-12 min.	3 cups	1 cup	$\frac{1}{3}$ cup	1	1 t. vanilla $\frac{1}{2}$ c. nuts or chips Mix till blended
Coffee Cake		400° F.	25 min.	3 cups	$\frac{1}{2}$ cup	$\frac{2}{3}$ cup	1	Mix till blended Topping: $\frac{1}{2}$ c. brown sugar 3 T. butter $\frac{1}{2}$ t. cinnamon
Yellow Cake		350° F.	25 min.	3 cups	$1\frac{1}{4}$ cups	1 cup	2	1 tsp. vanilla Beat 4 minutes
Chocolate Cake		350° F.	25 min.	3 cups	$1\frac{1}{2}$ cups	1 cup	2	1 tsp vanilla $\frac{1}{2}$ c. cocoa Beat 4 minutes



Cakes and Frostings

*Oh bake some pies and cookies, Mom,
And make a salad too,
And fry some chicken golden brown . . .
Enough for quite a few.
Get out the picnic basket
and set the things aright,
For we're going to have a picnic soon
If it doesn't rain tonight.*

LIGHT FRUIT CAKE

— Mrs. Walter (Wanda) Mallett

1½ cups butter
 1½ cups white sugar
 6 eggs
 1 cup milk
 2 tsp. vanilla
 1 tsp. each of lemon and almond
 4 cups flour
 1 tsp. salt

1 tsp. baking powder
 1 lb. sultana raisins
 1 lb. currants
 1 lb. mixed fruit
 1 pkg. pineapple
 1 pkg. (16 oz.) mixed red and green cherries

Prepare fruit. Cream butter, add sugar, eggs and flavorings. Sift dry ingredients, dust fruit with some of sifted flour. Add dry ingredients and milk alternately to creamed mixture. Add fruit. Place in paper lined tube pan and bake in slow oven for 2½ - 3 hours.

SUGAR PLUM CAKE

— Mrs. Barrie (Gail) Metcalfe

¾ cup butter
 1¾ cup sugar
 4 eggs
 4 cups flour
 ¾ lb. orange and lemon gumdrops
 1½ cups chopped pecans

½ lb. chopped dates
 3½ oz. flaked coconut
 1 tsp. baking soda
 1 cup buttermilk
 1 Tbsp. lemon juice
 2 tsp. grated orange rind

Cream butter and sugar. Beat in eggs one at a time. Sift half the flour over gumdrops, nuts, dates and coconut, tossing lightly. Sift remaining flour with the baking soda and add alternately with buttermilk to creamed mixture. Stir in flavorings. Mix in gumdrops and fruit. Bake 300° F. for 1½ hours in 10 inch tube pan. Glaze when cool with the following:

2 cups icing sugar
 1 cup orange juice,
 2 tsp. orange rind

Mix all ingredients together until well blended. Spread over cooled cake.

MIRACLE WHIP CAKE

— Mrs. Barrie (Gail) Metcalfe

1 cup white sugar
 ¾ cup Miracle Whip
 salad dressing
 1 cup cold water

2 cups flour
 2 tsp. baking soda
 3 Tbsp. cocoa
 salt

Cream sugar and Miracle Whip. Add the dry ingredients. Gradually add water and beat. Bake at 350° F. for about 40 - 50 min. Takes a 9 inch round or square pan.

JAM CAKE

— Mrs. Fred (Earla) Oakes

¾ cup shortening
 1 cup sugar
 3 eggs
 1 cup strawberry jam
 1 tsp. baking soda

1 tsp. salt
 1 tsp. nutmeg
 3 tsp. cinnamon
 2 cups flour
 1 cup buttermilk

Combine sugar, shortening and eggs. Add jam and mix well. Dissolve soda in buttermilk and add. Add sifted dry ingredients. Pour into greased and lightly floured pan. Use one 9 x 13 inch pan or two 9 inch square pans. Bake at 350° F. for 30 to 40 minutes.

Use kitchen scissors to cut raisins and dates in small pieces. Dip the blades in water to keep fruit from sticking.

CHERRY NUT CAKE

— Mrs. Elmer (Glenda) MacLean

Cream $\frac{1}{2}$ cup shortening
Mix together:

Add: $1\frac{1}{2}$ cup white sugar gradually

$\frac{1}{2}$ cup chopped nuts
16 maraschino cherries, chopped

$\frac{1}{8}$ cup flour

2 cups flour
3 tsp. baking powder
 $\frac{1}{4}$ cup undiluted evaporated milk

$\frac{1}{4}$ cup cherry juice
1 tsp. vanilla
 $\frac{1}{4}$ tsp. salt

Fold in after mixing the above, 4 stiffly beaten egg whites. Bake at 350° F. for 45 minutes in 9 x 9 pan.

FAVORITE COFFEE CAKE

— Mrs. Roland (Judy) Vessey

Topping:

2 Tbsp. melted butter
 $\frac{3}{4}$ cup brown sugar
2 tsp. cinnamon

2 Tbsp. flour
 $\frac{1}{2}$ - 1 cup walnuts, chopped

Batter:

$1\frac{1}{2}$ cups flour
2 tsp. baking powder
 $\frac{1}{2}$ tsp. salt
 $\frac{3}{4}$ cup white sugar

$\frac{1}{4}$ cup butter
 $\frac{1}{2}$ cup milk
2 eggs

Method for batter: Mix dry ingredients together, then work in butter with pastry blender. Add milk and beat two minutes. Add eggs and beat two more minutes. Spread $\frac{1}{2}$ of cake batter in greased 9 x 9 pan, sprinkle with $\frac{1}{2}$ of topping. Add remaining batter, top with remaining topping. Bake at 350° F. for 30 minutes. Serve warm.

SPICY PRUNE CAKE

— Mrs. Harry (Mary) Welton

$\frac{1}{2}$ cup shortening
 $1\frac{1}{2}$ cups white sugar
3 eggs
1 cup cooked prunes,
cut in pieces
2 cups flour

1 tsp. baking powder
1 tsp. soda
 $\frac{1}{2}$ tsp. salt
1 tsp. each of nutmeg, cinnamon
and allspice
1 cup buttermilk

Mix in order given, alternating dry ingredients with milk. Put in a well greased tube pan. Bake 350° F. for 1 hour. Cool in pan 15 minutes. Turn out on rack and cool. Glaze with the grated rind of one lemon that has been mixed with a little water and icing sugar. Drizzle over bottom and sides of cake.

OLD FASHIONED CHOCOLATE CAKE — Mrs. Wendell (Joyce) MacQuarrie

$\frac{1}{2}$ cup shortening
 $1\frac{1}{4}$ cups white sugar
 $\frac{1}{2}$ tsp. salt
1 tsp. vanilla
2 eggs
2 squares melted unsweetened
chocolate or substitute cocoa
(6 Tbsp.)

$1\frac{3}{4}$ cups flour, sifted
1 tsp. soda
1 cup sour milk (add 1 Tbsp.
vinegar to 1 cup sweet milk)

Blend shortening, sugar, salt, vanilla and eggs. Add melted chocolate and beat for two minutes. Add flour combined with soda alternately with sour milk. Mix well. Pour into prepared pan and bake in 350° F. oven 30 - 40 minutes.

BOILED SPICE AND FRUIT CAKE

— Mrs. Richard (Dorothy) Vessey

- | | |
|-----------------------|----------------------|
| 1 pkg. seeded raisins | ½ tsp. nutmeg |
| 1 cup white sugar | ⅓ cup shortening |
| ½ tsp. cinnamon | 2 cups boiling water |

Boil 10 minutes and cool well.

Add:

- | | |
|---------------|-------------|
| 1 egg, beaten | 2 tsp. soda |
| 2 cups flour | 1 tsp. salt |

Bake in a tube or loaf pan for 1½ to 2 hours in a 325° F. oven. For a richer cake add 8 oz. mixed peel and ½ cup walnuts, cut up. This can be used as a cake or pudding.

JELLY ROLL

— Mrs. Minto (Vina) Foster

- | | |
|---------------------|----------------------|
| 1 cup white sugar | ½ tsp. salt |
| 3 eggs (room temp.) | 2 tsp. baking powder |
| 3 Tbsp. cold water | vanilla |
| 1 cup cake flour | |

Beat eggs until light and fluffy, add sugar gradually. Add half the flour mixture. Stir and add the water. Stir lightly, then add remainder of flour mixture until light and smooth. Pour into 9 x 13 inch pan lined with waxed paper. Bake 350° F. to 375° F. — 15 to 20 minutes. Cut off edges so as to roll easily. Roll while still warm. Spread with jam or jelly or lemon pie filling.

CARROT CAKE (Metric Measure)

— Vivian Oakes

Sift and mix:

- | | |
|--------------------|---------------|
| 250 ml flour | 5 ml cinnamon |
| 5 ml soda | 2 ml salt |
| 5 ml baking powder | |

Add:

- | | |
|----------------------|--------|
| 150 ml vegetable oil | 2 eggs |
| 250 ml sugar | |

Add and blend well, 120 ml chopped nuts and 375 ml grated carrots. Bake in greased and floured 20 cm x 20 cm pan. Bake at 175° C.

WHITE CAKE

— Susan Mallett

- | | |
|----------------|-------------|
| 3 egg whites | ¼ tsp. salt |
| ½ tsp. vinegar | ¼ cup sugar |

Beat until stiff, but still moist and set aside.

Sift in large bowl:

- | | |
|-------------------|----------------------|
| 2 cups cake flour | 3 tsp. baking powder |
| 1 cup white sugar | ¾ tsp. salt |

Add:

- | | |
|------------------|----------------|
| 1 cup milk | 1 tsp. vanilla |
| ½ cup shortening | |

Beat well for three minutes. Add egg-white mixture and beat ½ minute longer. Pour batter into two round pans. Bake in moderate oven 30 - 45 minutes. When cool, fill with lemon pie filling using the egg yolks. Ice with the following icing:

- | | |
|------------------------|--------------------|
| 1 egg white | 1 Tbsp. corn syrup |
| 1 cup brown sugar | 3 Tbsp. cold water |
| ¼ tsp. cream of tartar | |

Cook over boiling water, beating constantly with electric beaters until frosting is fluffy and holds its shape (7 minutes). Remove from heat and beat in 1 tsp. vanilla. Cover sides and top of cake.

ORANGE COFFEE CAKE

— Mrs. Rudy (Charlene) Gillespie

1 cup sugar
2 cups flour
2½ tsp. baking powder
1 tsp. salt
1 slightly beaten egg

¼ cup orange juice
¾ cup milk
1 Tbsp. orange rind, grated
1 tsp. vanilla
½ cup melted butter

Topping:

3 apples grated
1 Tbsp. orange juice
¼ cup brown sugar

2 Tbsp. melted butter
1 tsp. cinnamon
10 maraschino cherries

Mix dry ingredients in bowl. Make well in centre and add other ingredients. Mix until blended. Cover with topping. Bake in 9 x 9 pan at 400° F. for 30 - 40 minutes.

CHOCOLATE CAKE

— Mrs. Dale (Sharon) MacLeod

2 cups flour
2 cups sugar
1 tsp. salt
¾ cup butter or margarine
⅔ cup cocoa
¾ cup milk

1½ tsp. baking soda
¾ tsp. baking powder
½ cup milk
3 eggs, unbeaten
1 tsp. vanilla

Combine all the ingredients up to and including the baking soda. Mix with the beater for two minutes. Add the rest of the ingredients. Beat two minutes. Pour into a greased pan (9 x 13) or a 12 cup Bundt pan. Bake 35 - 40 minutes at 350° F.

When making icing for cakes, etc. try creaming with shortening instead of butter and add a few drops of vinegar. The icing will not harden and will be easy to cut.

CHIFFON CAKE

— Mrs. Arthur (Emily) Johnson

Sift together:

1½ cups flour
2½ tsp. baking powder

1 tsp. salt
¾ cup white sugar

Beat together till smooth: (½ minute)

½ cup vegetable oil
6 egg yolks
¾ cup water

1 tsp. vanilla or 2 Tbsp.
lemon juice

Add egg yolk mixture to flour mixture and beat well.

Beat together to form peaks (soft) 6 egg whites, ½ tsp. cream of tartar. Gradually beat in ¾ cup white sugar. Continue beating until very stiff and shiny. Fold egg yolk mixture into meringue until blended. Turn into 10 inch tube pan. Bake at 350° F. for 55 - 65 minutes. Invert and cool, loosen edges and remove from pan.

Prevent boiled icing from becoming sugary and crusty by adding a few drops of vinegar to the icing as it cooks. You won't taste the vinegar.

CHRISTMAS FRUIT CAKE

— Mrs. Elmer (Glenda) MacLean

1 lb. candied pineapple	1 cup white sugar
½ lb. candied citron	1 cup brown sugar
⅛ lb. each candied lemon and orange peel	½ cup molasses
¼ lb. citron	¼ lb. butter
1 lb. sultana raisins	5 eggs
½ lb. seeded raisins	½ tsp. soda
½ lb. currants	1 tsp. salt
½ cup fruit juice (grapefruit)	1 tsp. cinnamon
¼ lb. nuts	½ tsp. mace
2 cups flour	1 Tbsp. orange juice
	1 tsp. almond flavoring

Prepare all fruit the day before and soak them overnight in the fruit juice. Cut up the nuts coarsely the next day. Grease a deep 10 inch cake pan, line with heavy brown paper and grease it again. Combine the fruit and nuts in a large bowl and mix them with a half cup of flour. Sift the remaining flour three times with the spices, soda and salt. Cream butter and add sugar gradually and cream together until blended. Add the eggs, one at a time, beating well after each addition. Stir in orange juice, almond flavoring and flour mixture. Pour batter over mixed fruit and nuts and mix with hands until combined. Lift the batter into the prepared pan pressing it down firmly with the palm of your hand. Bake at 275° F. for 3 hours, covering the top with greased paper if it begins to brown too much. Remove cake from oven, allow to stand 30 minutes before removing to the cake rack to cool thoroughly. Makes a 5½ lb. cake. Wrap in wax paper and store in a tightly covered container in a cool place.

Freshly baked cake won't stick to the platter if the platter is sprinkled generously with powdered sugar first. Brush away excess sugar after placing the cake.

DARK FRUIT CAKE

— Mrs. Lloyd (Mary) Vessey

2 lbs. sultana raisins	1½ tsp. cinnamon
1 lb. currants	½ tsp. cloves
1 lb. dates	¼ cup cocoa
2 lbs. sticky raisins	1 lb. butter
4 pineapple rings	2 cups white sugar
1 pkg. cherries (large)	12 eggs
1 pkg. mixed fruit (large)	1 pt. strawberry jam
3¾ cups flour (or more)	1 Tbsp. vanilla
3 tsp. baking powder	1 Tbsp. lemon
½ tsp. soda	1 Tbsp. almond
½ tsp. salt	½ cup strong coffee

Sift flour, spices, soda, baking powder, etc. together well. Cream butter and sugar until fluffy. Add well beaten eggs to the creamed mixture. Prepare fruit together in large container and sprinkle with a little extra flour.

Add flour and fruit mixture with the other ingredients and mix well. Put in pans lined with greased paper. Steam for four hours (cover pans over with foil). Then remove from steamer and dry off in oven at 250° F. - 275° F. for about an hour. This recipe makes enough for a three layer "Wedding Cake". If a nice big Christmas cake is desired just use half the recipe.

When spreading frosting on a cake and you want a smooth surface for decorating, dip a metal spatula in hot water and spread a small amount of frosting at a time.

CHOCOLATE ZUCCHINI CAKE

— Mrs. Walter (Wanda) Mallett

$\frac{1}{2}$ cup butter
 $\frac{1}{2}$ cup vegetable oil
 $1\frac{3}{4}$ cups white sugar
 2 eggs
 1 tsp. vanilla
 1 tsp. salt

$\frac{1}{2}$ cup sour milk
 2 cups grated zucchini
 $2\frac{1}{2}$ cups flour
 4 Tbsp. cocoa
 1 tsp. baking soda
 $\frac{1}{2}$ tsp. baking powder

Chips or nuts may be added.

Cream well the butter, oil, sugar, eggs and vanilla. Add sifted dry ingredients alternately with milk. Lastly add peeled grated zucchini. Bake in 9 x 12 pan in 350° F. oven for 50 - 60 minutes.

JACK AND JERRY CAKE

— Mrs. Harold (Annie) Taylor

1 cup butter
 2 cups sugar
 3 eggs
 1 cup milk

3 cups flour
 1 tsp. baking powder
 salt

Divide batter into two parts. To the first part add lemon flavoring. To the second part add:

2 Tbsp. molasses
 1 tsp. cloves
 1 tsp. cinnamon

$\frac{1}{4}$ cup raisins
 $\frac{1}{4}$ cup chopped nuts
 vanilla

Put the dark part on bottom of pan, then cover with light part. Bake at 350° F.

ORANGE DATE CAKE

— Jane Mallett

1 cup boiling water
 1 cup finely cut dates
 grated rind of one orange
 $1\frac{1}{2}$ cups white sugar
 $\frac{3}{4}$ cup shortening
 2 eggs

2 cups all purpose flour
 2 tsp. baking powder
 1 tsp. soda
 1 tsp. salt
 juice of orange
 $\frac{1}{4}$ cup cold water

Pour boiling water over dates and orange rind in bowl. Let stand. Cream sugar, shortening and eggs thoroughly. Measure flour (without sifting), baking powder, soda and salt. Blend well together. Add dry ingredients alternately with combined orange juice and water to creamed mixture. Stir date mixture and blend into batter. Spread in greased and lightly floured pan, 9 x 13. Bake at 325° F. 50 - 55 minutes. Orange icing may be used if desired.

Orange Icing

Juice and rind of one orange
 2 Tbsp. shortening

pinch of salt

Add icing sugar gradually and beat well until light and of spreading consistency.

MAPLE CAKE

— Judy Welton

2 eggs
 $\frac{1}{2}$ cup brown sugar
 $\frac{1}{2}$ cup melted shortening
 1 cup maple syrup
 1 cup sour cream or milk
 $2\frac{1}{2}$ cups flour
 1 tsp. baking powder
 1 tsp. soda

$\frac{1}{2}$ tsp. salt
 1 tsp. ginger
 1 tsp. cinnamon
 $\frac{1}{2}$ tsp. cloves
 2 oz. raisins (optional)
 2 oz. lemon and orange peel
 (mixed, glaze) optional

Mix in order given. Bake at 350° F. 35 - 40 minutes in 9 x 9 pan. Serve with apple sauce or whipped cream if desired.

CARROT CAKE AND CREAM CHEESE FROSTING

— Mrs. Bev. (Shirley) Simpson

- | | |
|-----------------------|--------------------------|
| 2 cups white sugar | 1 tsp. soda |
| 4 eggs (well beaten) | 1 tsp. salt |
| 3 cups grated carrots | 2 tsp. cinnamon |
| 2 cups flour | 1 cup mazola oil |
| 2 tsp. baking powder | nuts, chopped (optional) |

Add sugar gradually to mazola oil. Beat well after each addition. Add beaten eggs gradually to sugar and oil mixture. Beat well until smooth and fluffy. Sift dry ingredients and add gradually. Add carrots and nuts and mix well. Bake in a 10 inch tube pan that has been lightly greased and floured. Bake at 325° F. for approximately 1 hour. Cool 20 minutes before removing from pan. Leave cake upside down on cooling rack until completely cool. Ice with the following frosting:

- | | |
|---|---------------------|
| 8 oz. Philadelphia Cream Cheese
(soften to room temp.) | 3½ cups icing sugar |
| 3 Tbsp. mazola oil | ¼ tsp. salt |

Cream cheese, blend in oil and icing sugar and salt. Mix until smooth. Spread over entire cake. Half of this frosting recipe will be sufficient unless you desire icing to be quite thick on cake.

NEVER-FAIL ICING

— Mrs. Bill (Anne) Crockett

- | | |
|-------------------|-------------------|
| ¼ cup butter | 2 Tbsp. milk |
| ½ cup brown sugar | ¾ cup icing sugar |

Melt butter and brown sugar. Cook 2 minutes, stirring. Add milk and bring to boil again. Remove from heat. When cool, add icing sugar.

BUTTER CREAM ICING

— Laurie Simpson

- | | |
|------------------|--------------------|
| ½ cup butter | 4 cups icing sugar |
| ½ cup shortening | 2 Tbsp. milk |
| 1 tsp. vanilla | pinch of salt |

Cream butter and shortening together, then add the other ingredients. Yield 3 cups. Sufficient amount to ice top and sides of a 9 inch layer cake. This frosting keeps extremely well if refrigerated. The consistency is just right for decorating purposes.

SEVEN MINUTE FROSTING

— Mrs. Frank (Dorothy) Lewis

- | | |
|------------------------|-----------------------|
| 1 cup white sugar | ⅛ tsp. salt |
| ⅓ cup water | 2 unbeaten egg whites |
| ¼ tsp. cream of tartar | 1 tsp. vanilla |

Combine sugar, water, cream of tartar and salt in saucepan. Bring to boil, stirring until sugar dissolves. Very slowly add to unbeaten egg whites in mixing bowl, beating constantly with electric mixer until stiff peaks form. Beat in vanilla. Will frost two 8 inch layers or a 10 inch tube cake.

UNCOOKED WHITE ICING

— Mrs. Raymond (Evelyn) Vessey

- | | |
|----------------------------|----------------------|
| 2 cups icing sugar | ¼ tsp. corn syrup |
| 2 eggs | ¼ tsp. salt |
| ½ cup butter or shortening | ½ tsp. baking powder |
| 1 tsp. vanilla | |

Blend all ingredients together. Beat until creamy (not on stove). Use on cakes or cookies.

PINEAPPLE FROSTING

— Mrs. Arthur (Emily) Johnson

3 Tbsp. melted butter	½ cup brown sugar
½ cup drained crushed pineapple	¼ cup chopped walnuts

Combine ingredients and spread lightly on hot or cold cake. Broil about 6 inches from heat until bubbling and lightly browned. Serve slightly warm. Delicious on chocolate cake.

To make dish washing easier, rinse egg or flour coated utensils with cold water before washing.

COCONUT FROSTING

¼ cup butter	1 cup brown sugar
1½ cups shredded coconut	¼ cup cream or evaporated milk

Combine ingredients and spread on cake. Broil about 6 inches from heat until bubbling and slightly browned (2 - 3 minutes). Watch closely so that coconut doesn't get too brown.

MARBLE MINT ICING

Cover top of cake with chocolate mint wafers. Broil about 6 inches from heat until candy melts enough to swirl for a marble effect.

POOR MAN'S FROSTING

— Mrs. Bernard (Susan) Pepin

2½ Tbsp. flour	½ cup milk
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Cook together in saucepan until it is like a paste. Let it **cool**.

¼ cup shortening	½ cup white sugar
¼ cup butter	1 tsp. vanilla

Mix together until sugar bursts and beat well for 2 - 3 minutes, then add the paste to it. Kids and grownups love it!

To soften hardened sugar place it in a tight container with a quarter of an apple.

Casseroles

STAY OUT OF MY KITCHEN

*Please stay away from my kitchen
From my dishwashing, cooking and such;
You were kind to have offered to pitch in
But thanks, no, thank you so much!*

*Please don't think me ungracious
When I ask that you leave me alone;
For my kitchen's not any too spacious
And my routine is strictly my own.*

*Tell you what: You stay out of my kitchen
With its sodden, hot, lacklustre lures —
When you're here, stay out of my kitchen
And I promise to stay out of yours!*

SALMON DINNER

— Mrs. Fred (Earla) Oakes

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|-------------------------------|-------------------------|
| 3 Medium potatoes | 1 cup milk |
| Boiling water | 1½ tsp. salt |
| 15½ oz. can salmon | ½ tsp. pepper |
| 12 oz. pkg. frozen peas | ½ tsp. sweet basil |
| 1 cup coarsely grated carrots | ¼ cup butter, melted |
| ¼ cup finely chopped onion | 1 cup corn flake crumbs |
| 1 egg | |

Heat oven to 350° F. Butter a 2½ quart casserole. Peel potatoes and slice thin. Cover with boiling water and let stand 5 minutes. Drain. Drain salmon, saving liquid. Break into bite-sized pieces, discarding skin and bones. Break peas apart and combine with carrots and onion. Put half of potatoes in prepared casserole. Top with half of salmon and half of vegetables. Repeat layers. Combine salmon liquid, egg, milk, salt, pepper, and sweet basil and beat together lightly with a fork. Pour over salmon and vegetables. Combine butter and cornflakes and sprinkle over all. Bake, covered, 45 minutes. Remove cover and continue baking until potatoes are tender and crumbs are crisp, about 15 minutes.

LOBSTER CASSEROLE

— Mrs. Bill (Anne) Crockett

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|--|---|
| 1 cup medium sized shell macaroni (measure before cooking) | 1 large can frozen or fresh lobster (more if desired) |
| ½ cup grated sharp cheese | 1 can cream of mushroom soup |
| | ¼ to ½ cup milk (to make right consistency) |

Cook macaroni as directed. Combine with other ingredients in greased casserole, buttered crumbs on top and bake at 350° F. until hot and bubbly, (about 30 minutes).

CAPTAIN'S CASSEROLE

— Mrs. Malcolm (Anita) Allan

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|---------------------|--------------------------------------|
| 1 can mushroom soup | 1½ cup minute rice |
| ⅓ cup chopped onion | 1½ cup cooked peas |
| 1½ cup water | 1 can 7 oz. Tuna, drained and flaked |
| 1 tsp. lemon juice | ½ cup grated cheese |
| ½ tsp. salt | Paprika |
| pepper | |

Combine soup, onion, water, lemon, salt and pepper in saucepan. Bring to boil over low heat, stirring occasionally. Pour half the soup mixture into a greased 1½ qt. casserole. Then in layers add minute rice right from the box, peas and tuna. Add remaining soup. Sprinkle with cheese and paprika. Cover and bake in moderate oven 375° F. for 20 minutes. Cut through with knife after 10 minutes of baking to help distribute soup mixture.

SEAFOOD CASSEROLE

— Mrs. Frank (Gertrude) Vessey

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|---------------------------|----------------------------|
| ¼ cup butter or margarine | ¼ cup flour |
| 2 cups milk | 6 hard boiled eggs, sliced |
| 1 can tuna, (7 oz.) | 1 can shrimp, (5 oz.) |
| 1 cup mushrooms | 1 small can crab meat |
| ½ lb. cheddar cheese | 1 cup bread crumbs |

Melt the butter, add the flour, blending well. Then add the milk stirring constantly and cook over low heat until sauce is smooth and has thickened. In an eight inch buttered casserole place the sliced eggs over the bottom, then a layer of sauce, then tuna and sauce, then mushrooms, more sauce, shrimp, sauce, and ending with crab meat and sauce. Sprinkle with grated cheese and bread crumbs. Bake at 325° F. for 45 minutes. Serves 6 to 8.

SCALLOP MUSHROOM CASSEROLE — Mrs. Wendell (Joyce) MacQuarrie

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|------------------------------|--------------|
| 1 pkg. uncooked scallops | bread crumbs |
| 1 (10 oz.) can mushroom soup | |

Defrost and separate scallops. Cut into uniform size pieces. Pour mushroom soup into a greased casserole. Add scallops and top with bread crumbs. Bake in preheated 450° F. oven for 15 to 20 minutes or until hot and bubbly.

TUNA CASSEROLE

— Frances Vessey

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|---------------------------|---------------------|
| 1 cup macaroni, uncooked | 1 can mushroom soup |
| 1 6-oz. can (170 g.) tuna | potato chips |

Cook macaroni in boiling water until tender, uncovered, stir occasionally, drain well. In a greased casserole put a layer of macaroni, tuna and mushroom soup. Repeat layers. Top with potato chips. Bake in 350° F. oven for 40 minutes. Serve with green peas.

BROCCOLI AND CHICKEN CASSEROLE — Mrs. Bev (Shirley) Simpson

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|-----------------------------------|-----------------------|
| 2 Pkg. frozen broccoli (2-10 oz.) | 1 cup mayonnaise |
| or 1 large head fresh broccoli | 1 tsp. lemon juice |
| (1 lb.) | 1 tsp. curry powder |
| (prepared in serving size | ¼ cup shredded cheese |
| pieces) | ½ cup bread crumbs |
| 2 cups sliced cooked chicken | Butter |
| 2 (10 oz.) cans cream of chicken | |
| soup | |

Cook broccoli, drain. Put broccoli in greased baking dish (9 x 13). Place chicken on top. Combine next four ingredients and pour over chicken. Sprinkle with cheese and crumbs. Dot with butter. Bake at 350° F. for 25 to 30 minutes. Serves 6 to 8.

CHICKEN FRIED RICE

— Lise Oakes

- | | |
|------------------------------|---------------------------------|
| 3 cups cooked rice | 3 Tbsp. oil |
| 2 Tbsp. finely chopped green | ½ cup chopped chicken |
| peppers | salt, pepper, oregano, |
| 1½ Tbsp. finely chopped red | thyme and summer savory, |
| peppers | enough to taste |
| 1 small onion, chopped | 1½ Tbsp. soya sauce or to taste |

Sauté onions and peppers in oil. Add rice, chicken and spices and soya sauce. Fry until hot and well blended.

CHICKEN A LA KING

— Mrs. Gordon (Ethel) Vessey

- | | |
|---------------------------|---------------------------------|
| 2 Tbsp. butter | ½ tsp. salt |
| ⅓ cup diced green peppers | few grains of pepper |
| ¼ lb. sliced mushrooms | 1 cup milk |
| 2 Tbsp. butter | 1 cup chicken stock or bouillon |
| ¼ cup flour | ⅛ tsp. ground nutmeg |
| 3 cups diced chicken | |

Melt butter in frying pan, add green peppers and mushrooms. Cook slowly until tender, but not brown. Melt butter in sauce pan, and blend in flour, salt and pepper. Then stir in milk, chicken stock and nutmeg. Stir and cook until smoothly thickened. Add to this mixture, the mushroom mixture, and add diced chicken. Serve on hot biscuits or patty shells. Makes about 8 servings.

CHOP SUEY

— Mrs. Richard (Dorothy) Vessey

- 2 onions
- 1 green pepper (cut fine)
- 5 or 6 sticks of diced celery
- 2 to 3 Tbsp. flour
- ½ cup chicken broth or chicken cubes

- 1 can bean sprouts (drained)
- 1 can mushrooms (drained)
- soya sauce, to taste
- 1 lb. cut up cooked chicken, beef or pork

Sauté onions and green pepper in shortening or oil. Add remaining ingredients and cook until well heated.

EASY TURKEY CASSEROLE

— Mrs. Jack (Marlene) Andrews

- ¼ cup chopped onion
- ¼ cup chopped green pepper
- 2 Tbsp. margarine
- 1 10-oz. can condensed cream of mushroom soup

- ½ cup salad dressing
- 2 cups noodles, cooked & drained
- 1 cup chopped cooked turkey
- 1 cup soft bread crumbs
- salt and pepper to taste

Cook onion and green pepper in margarine until tender. Blend in soup and salad dressing. Add noodles and turkey, mix lightly. Pour into 1½ quart casserole. Top with bread crumbs, tossed with 2 Tbsp. melted margarine. Bake at 350° F. (180° C.) for 30 minutes. Makes 4 to 6 servings.

CHICKEN & RICE CASSEROLE

— Eleanor Jewell

- 2 (7-oz.) cans chicken
- 1 can mushroom soup
- 1½ cups minute rice
- 2 cups water

- ½ cup celery (cut fine)
- ¼ cup green pepper (cut fine)
- ¼ cup onion (cut fine)
- salt and pepper to taste

Mix all together in bowl. Place in casserole and bake in 350° F. oven until hot.

WAIKIKI MEATBALLS

— Mrs. Louis (Letha) Vessey

- 1½ lbs. hamburger
- ⅔ cup of cracker crumbs
- ⅓ cup finely cut onion
- 1 egg (slightly beaten)

- ¼ tsp. ginger
- 1½ tsp. salt
- ¼ cup milk

Mix all together and make into balls and fry. Then drain off the fat.

Sauce:

- 1 (19-oz.) can of pineapple chunks
- juice from pineapple
- 2 Tbsp. corn starch
- ½ cup brown sugar
- ⅓ cup vinegar
- 1 Tbsp. soya sauce

Mix corn starch, sugar and juice and cook for 1 minute then add vinegar and soya sauce. Cook until it thickens, then add the meat balls and pineapple chunks. Allow to simmer for a few minutes longer. Serve hot.

SPAGHETTI SAUCE

— Mrs. Harry (Doris) Birt

- 1 lb. hamburger
- ½ cup onion
- ½ cup celery
- ½ cup green pepper
- 1 can mushrooms

- 1 can tomatoes
- 1 can tomato soup
- 1 can spaghetti sauce
- ½ tsp. garlic salt
- ½ tsp. oregano

Sauté onions, green pepper, celery and mushrooms. Fry hamburger for a few minutes. Combine all ingredients and simmer 2 hours. Add spices. Pour over cooked spaghetti.

STEAK CASSEROLE

— Mrs. Roland (Judy) Vessey

- | | |
|--------------------------|-------------------------|
| 1 lb. round steak, cubed | 1½ cups potatoes, cubed |
| 1 medium onion, sliced | 1 can mushroom soup |
| 2 or 3 carrots, sliced | ½ can water |
| ½ cup celery, diced | |

Mix all together and cook in a casserole dish for 2½ to 3 hours at 300° F. - 325° F. oven.

SEVEN LAYER DINNER

— M. Rose Watts

- | | |
|---------------------------------|-----------------------------|
| 1 layer sliced potatoes | 1 lb. sausages or hamburger |
| 1 layer chopped onions | 1 can tomato soup |
| 1 layer sliced carrots | ½ cup water |
| 1 layer peas (optional) | salt to taste |
| 1 layer macaroni or minute rice | pepper to taste |

Place six layers in large pan and pour tomato soup and water over it. Add salt and pepper. Cook, covered, 2 hours. If using canned peas, use juice also. Bake at 375° F.

BRUNSWICK STEW

— Mrs. Willard (Nelda) Murray

- | | |
|---|--|
| 2 cups cold roast meat, beef or lamb, cut into 2-inch cubes | 1 cup cut waxed string beans |
| 3½ cups water | 8 small new potatoes |
| 1½ tsp. salt | 8 small white onions, peeled |
| ¼ tsp. pepper | 1 cup green peas |
| 2 tsp. Worcestershire sauce | 1½ cups young carrots, peeled and sliced |
| 1 cup cut green string beans | |

Place meat, water, salt, pepper and sauce in 3 quart casserole. Cover and bake in moderate oven, 350° F. about 1 hour. Remove cover. Add vegetables and bake 45 minutes longer or until vegetables are tender and gravy somewhat thickened. Serves 8.

SLOPPY JOES

— Mrs. Fred (Earla) Oakes

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|--|----------------------|
| 1 lb. ground beef (hamburger) | ¼ cup chopped onions |
| ¾ cup barbecue sauce (tomato, sauce, ketchup or spaghetti sauce) | ½ cup sweet relish |
| | hamburger buns |
| | cheese slices |

Brown beef, drain. Add onion and cook until tender. Add sauce and relish. Cover and simmer 15 minutes. Cover bottom half of bun with a cheese slice, top with meat mixture and serve with top half of bun.

FOIL WRAPPED DINNERS

— Darlene Lewis

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|--|--|
| 1 - 1½ lb. beef, round steak, ½ inch thick | 4 medium potatoes, pared |
| 1 pkg. 10 oz. frozen green peas | 1 can 10½ oz. condensed cream of mushroom soup |
| 4 medium carrots | 1 envelope 1½ oz. onion soup mix |
| 8 cherry tomatoes | |

Heat oven to 450° F. Cut meat into 1-inch pieces. Place frozen peas in colander or sieve; run cold water over peas just until broken apart, drain. Tear off 4 pieces heavy duty aluminum foil, each 18 x 15 inches. On center of each piece, place 1 carrot, thinly sliced, 1 potato, cut into quarters and ¼ of meat. Stir together mushroom soup and onion soup mix, spoon soup mixture over meat and top with peas. Wrap securely in foil, place on ungreased baking sheet. Bake 50 minutes or until meat is tender. Just before serving, garnish each dinner with two cherry tomatoes, halved. 4 servings.

HAMBURGER PIE

— Mrs. Raymond (Karen) Campbell

- | | |
|---|--|
| 1 lb. ground beef | 1 10 $\frac{3}{4}$ oz. can condensed tomato soup |
| $\frac{1}{2}$ cup chopped onion | 5 medium potatoes, cooked* |
| $\frac{1}{2}$ tsp. salt | $\frac{1}{2}$ cup warm milk |
| Dash pepper | 1 beaten egg |
| 1 1-lb. can (2 cups) cut green beans, drained | 2 oz. cheese, shredded ($\frac{1}{2}$ cup) |

Heat oven to 350° F. In large skillet, cook meat and onion until meat is lightly browned and onion is tender. Add salt and pepper. Add drained beans and soup, pour into greased 1 $\frac{1}{2}$ quart casserole. Mash potatoes while hot, add milk and egg. Season with salt and pepper. Spoon in mounds over casserole. Sprinkle potatoes with cheese. Bake in moderate oven (350° F.) for 25 to 30 minutes. Makes 4 to 6 servings. *Or prepare 4 servings packaged instant mashed potatoes according to package directions except reserve the milk. Add egg and season with salt and pepper to taste. Add enough reserved milk so potatoes are stiff enough to hold shape.

EASY HAMBURG CASSEROLE WITH RICE

— Mrs. Lowell (Mary Lou) Vessey

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|---------------------------------|--------------------------------------|
| 1 lb. hamburger | 1 tin mushroom bits & pieces & juice |
| 1 small onion, chopped | 1 tin water |
| 1 stalk celery | Salt and pepper |
| $\frac{1}{2}$ pkg. spanish rice | |
| 1 tin tomato sauce | |

Cook hamburger until pink is gone. Add remaining ingredients and cook in 375° F. oven for 1 hour.

HAMBURG STEW

— Mrs. Albert (Marion) Holmes

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|-------------------------|--|
| 1 lb. hamburger | 1 tsp. Kitchen Bouquet sauce (gravy browning) |
| 1 onion, chopped | $\frac{1}{4}$ tsp. pepper |
| 3 cups water | 1 bay leaf |
| 1 cup chopped carrots | $\frac{1}{8}$ tsp. basil |
| 1 cup chopped celery | 1 (19 oz.) can of tomatoes or 6 large tomatoes |
| 3 cups chopped potatoes | |
| 2 tsp. salt | |

Cook hamburger and onions until brown. Add remaining ingredients and simmer until vegetables are tender.

HAM CHING CASSEROLE

— Mrs. Arthur (Emily) Johnson

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|--|--|
| 1 $\frac{1}{2}$ cups diced cooked ham (canned is o.k.) | 1 tsp. dry mustard |
| 1 can pineapple tidbits (8 $\frac{3}{4}$ oz. drained) | $\frac{1}{8}$ tsp. salt |
| 3 Tbsp. vinegar | $\frac{1}{2}$ tsp. Worcestershire Sauce |
| Juice from pineapple | 1 tsp. Soya Sauce |
| $\frac{1}{4}$ cup firmly packed brown sugar | $\frac{1}{4}$ cup golden raisins |
| 1 Tbsp. cornstarch | $\frac{1}{2}$ medium onion thinly sliced |
| | $\frac{1}{2}$ small green pepper sliced in rings |

In saucepan put juice from pineapple and water to make one cup. Add vinegar and bring to boil. Mix together thoroughly: sugar, cornstarch, mustard and salt. Add to hot liquid and cook, stirring until mixture thickens slightly. Stir in Worcestershire sauce and Soya sauce. Spoon ham into casserole, sprinkle with raisins. Cover with drained pineapple and onions and also green pepper. Pour hot sauce over mixture. Heat in 350° F. oven about 45 minutes. Serve with hot fluffy rice. Makes 4 or 5 servings.

PRESSURE COOKER BOSTON BAKED BEANS — Mrs. Dewar (Grace) Swan

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|-------------------------------------|-------------------------|
| 2 cups dried beans | 1 tsp. salt |
| ½ cup salt pork or | ½ tsp. mustard |
| 4 slices bacon, cut in small pieces | ½ tsp. ginger |
| 3 Tbsp. brown sugar | 1 onion, whole or diced |
| 3 Tbsp. molasses | 2 Tbsp. catsup |

Soak beans over night. Drain, reserving soaking water. Heat cooker, sear pork. Remove excess fat, add beans and other ingredients and enough soaking water to well cover beans. Close cover securely and cook 45 minutes with pressure regulator rocking slowly. Let pressure drop of its own accord.

HAM CASSEROLE, COUNTRY STYLE

— Mrs. Allison (Velma) Lewis

- | | |
|---|---------------------------------------|
| 2 cups thinly sliced potatoes
(2 medium) | 2 tsp. thyme leaves, crumbled |
| salt & fresh ground pepper to
taste | 1 thick ham slice (1¾ lb.)
trimmed |
| 1 large onion sliced thin (1 cup) | 2 cups milk |

Place potatoes in greased shallow 2 quart casserole, sprinkle with salt and pepper. Top with onion, sprinkle with thyme. Place ham on onion, add milk, cover and bake 1 to 1½ hours or until potatoes are tender.

BEEF UPSIDE DOWN PIE

— Mrs. Frank (Gertrude) Vessey

Topping:

- 5 Tbsp. shortening
- 1½ cups pastry flour
- 3 tsp. baking powder
- 1 tsp. celery salt
- ¾ cup milk

Base:

- ½ lb. hamburger
- 1 cup tomato soup
- ½ tsp. pepper
- 1 tsp. salt
- 1 onion, chopped

Melt 2 Tbsp. shortening in fry pan. Add onion, soup, meat, salt and pepper and simmer while preparing topping.

Topping: Sift dry ingredients, cut in shortening, add milk and stir until blended. Spread dough on top of meat in casserole. Bake in 400° F. oven for 20 minutes. Turn upside down to serve.

VEGETABLE BEEF CASSEROLE

— Mrs. Minto (Vina) Foster

- | | |
|------------------------|-----------------------------------|
| 4 Tbsp. butter | 2½ cups tomatoes |
| 4 Tbsp. flour | 1 lb. can green string beans |
| ½ cup milk | 2 cups cooked rice |
| ¾ cup juice from beans | ½ lb. hamburger (rolled in balls) |
| 1½ tsp. salt | ½ cup bread crumbs |
| 1 Tbsp. sugar | Onion (optional) |

Make sauce with butter, flour, milk, juice from beans, salt and sugar. Add rice, beans and tomatoes. Drop in meat balls and cover with bread crumbs. Bake 1 hour or more at 375° F.

BUSY WOMAN'S CASSEROLE

— Mrs. Willard (Nelda) Murray

- 1 onion, chopped ,
- 2 sticks celery
- ½ green pepper
- butter or margarine
- 1 lb. ground beef
- 1 pkg. Kraft dinner or other macaroni
- 1 can kernel corn

- 2 cans tomato soup
- 1 can water
- 2 Tbsp. H. P. Sauce
- 1 can cream of mushroom soup
- 1 can mushrooms and juice
- 1 tsp. curry (approx.)
- salt & pepper

Brown onion, celery and green pepper in butter or margarine. Add ground beef. Brown and set aside. Cook Kraft dinner or macaroni. In a very large bowl mix remaining ingredients. Add the browned vegetables and meat, and then the cooked macaroni to mixture in bowl. Mix well. Place in casseroles and cook 1 hour at 350° F. Have one casserole for dinner and freeze the other. Recipe may be doubled to make 4 to 6 casseroles for freezing. Line casserole or bread pans with aluminum foil. Bake mixture. Cool quickly. Freeze in pans. When solid, fold the foil over and remove from pans. Wrap well for freezer storage.

HAM AND POTATO SCALLOP

— Mrs. Lowell (Mary Lou) Vessey

- 1 lb. ham or pork (cooked)
- 5 cups thinly sliced pared potatoes
- 1 can cream of mushroom soup
- ¼ cup milk

- ½ cup onion, chopped (or to taste)
- ¼ cup green pepper (optional)
- Dash pepper
- 2 Tbsp. butter

Cut ham in serving or bite-size pieces. Place half the potatoes in greased 2 quart casserole. Cover with ham pieces. Place remaining potatoes. Combine soup, milk, onion, pepper, green peppers and pour over potatoes. Dot with butter. Cover and bake in moderate oven (350° F.) for 1 hour. Remove cover, bake 45 minutes longer or until potatoes are done. Trim with parsley if desired. Makes 6 servings.

SHEPHERD'S PIE

— Mrs. Barry (Betty) MacDonald

- 1 lb. hamburger
- 1 tsp. salt
- ¼ tsp. pepper
- 1 onion, chopped

- 1 can of Niblet's corn
- 1 small can of mixed vegetables
- Gravy (leftover, about 1 cup)
- mashed potatoes

Brown hamburger with salt, pepper and onion. Place in casserole. Mix in vegetables, corn and gravy. Top with mashed potatoes. Bake at 375° F. for 30 minutes. (You can substitute any kind of vegetables you prefer.)

SPANISH RICE

— Mrs. Stuart (Marion) Vessey

- 3 Tbsp. vegetable oil
- ½ lb. ground beef
- 1 onion, chopped
- 1 green pepper, chopped

- 2 cups tomatoes, canned
- 2 cups rice, cooked
- 1 tsp. salt
- 1 tsp. pepper

Cook rice as directed on box. Place oil in skillet and add beef. Cook until brown and add onions, and green pepper. Cook until onion is soft, but not brown. Add tomatoes, rice and salt and pepper. Cook over low heat for 25 minutes. Makes 4 to 6 servings.

BEEF STEW 'N NUTMEG DUMPLINGS — Mrs. Raymond (Karen) Campbell

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|-------------------------------------|-----------------------------------|
| 2 lbs. beef, cut into 1-inch pieces | 2 onions, chopped |
| 1 Tbsp. cooking oil | 2 carrots, cut into ¼ inch slices |
| 1 clove garlic, cut in half | 1½ cups sifted flour |
| 1½ cups water | 4 tsp. baking powder |
| ⅓ tsp. thyme | ½ tsp. salt |
| 3 tsp. salt | ½ tsp. nutmeg |
| ⅓ tsp. pepper | 1 Tbsp. shortening |
| 2 bay leaves | 1 egg, beaten |
| 1 cup cut green beans | ⅔ cup milk |
| 1 cup peas | |

Heat pressure cooker. Add oil, beef and garlic, cook until meat is browned. Remove garlic and stir in water, thyme, salt, pepper and bay leaves. Close cover securely. Place pressure regulator on vent pipe. Cook 15 minutes. Cool pressure cooker at once. Remove bay leaves. Stir in vegetables. Sift flour, baking powder, salt and nutmeg. Cut in shortening until mixture is crumbly. Combine egg and milk, add to dry ingredients. Stir just until moistened. Drop from teaspoon on bubbling stew. Remove sealing ring from cover. Place cover loosely on pressure cooker without pressure regulator. Steam 15 minutes. Makes 6 to 8 servings.

FILLET BUBBLY BAKE

— Mrs. Barry (Betty) MacDonald

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|-------------------------------------|-----------------------------|
| 1 lb. frozen fillets (any kind) | 1 small onion, chopped |
| 1 10-oz. can Cream of Mushroom Soup | 1 Tbsp. lemon juice |
| | ½ cup grated cheddar cheese |

Cut fillets into four pieces. Place in shallow greased baking dish. Mix soup, onion and lemon juice together and pour over fillets. Top with cheese. Bake in 450° F. oven for 20 minutes.

ZESTY BAKED BEANS

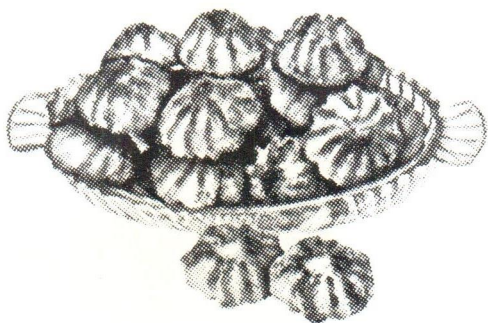
— Mrs. Irwin (Bea) Campbell

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|--------------------------|------------------------------|
| 1 28-oz. can baked beans | 2 Tbsp. finely chopped onion |
| ¼ cup catsup | Dash of salt |
| 2 Tbsp. molasses | Dash of dry mustard |
| 2 Tbsp. brown sugar | |

Combine all ingredients and place in a greased baking dish. Bake uncovered 30 minutes — 350° F.

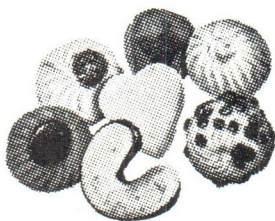
Cooking rice won't boil over if a small lump of butter is added to the pot.

If you are using a biscuit topping on your favorite casserole recipe, here is a way to dress it up. Cut the biscuit topping with a doughnut cutter and fill the holes with peas and carrots.



Cookies

*Cookies yummy, soft and hot,
Served with milk for hungry tot;
Frosted cookies for little miss,
Sure to earn her happy kiss.
Fancy wafers, party thin,
Hidden fast in cookie tin.
Thank you, God in heaven above,
That I can share these signs of love.*



OATMEAL COOKIES

— Mrs. Harry (Florence) Lewis

1 cup butter, creamed
1 cup brown sugar
1 tsp. soda, dissolved in
½ cup hot water

2 cups fine oatmeal
2 cups flour
1 tsp. vanilla
salt

Mix well, roll thin and cut. Prepare the following filling:

1 pkg. dates
1 cup sugar

1 cup cold water

Cook filling, cool, then spread on unbaked cookies. Place another unbaked cookie on top in sandwich fashion. Seal edges together. Bake 350° F. oven. Cookies may be baked without filling and served plain if desired.

JEWELLED COOKIE SLICES

— Mrs. Raymond (Evelyn) Vessey

1½ cups all purpose flour
1 tsp. baking powder
¼ tsp. baking soda
¼ tsp. nutmeg
½ cup butter (melted or very
soft)

¼ cup lightly packed brown sugar
⅓ cup white sugar
1 egg, well beaten
½ tsp. vanilla
½ cup chopped red and green
candied pineapple

Sift together first 4 ingredients. Gradually blend next 5 ingredients together. Turn dough into wax papered loaf pan 4½ x 8½. Spread evenly, cover and chill. Cut chilled dough into thin slices. Arrange well apart on cookie sheets. Bake in 350° F. oven 10-12 minutes. Cool on wire racks.

DROP SCOTCH COOKIES

— Mrs. Harry (Doris) Birt

1 cup soft butter
½ cup icing sugar

1¾ cups flour (less 1 Tbsp.)
2 Tbsp. cornstarch

Combine all ingredients, mixing well and drop by teaspoonful on a cookie sheet lined with waxed paper. Cook on top rack of oven at 250° F - 275° F. for 45-60 minutes. Cookies should be very light in color when done.

THIMBLE COOKIES

— Mrs. Chesley (Erma) Hughes

½ cup butter
¼ cup brown sugar
1 egg yolk

1 cup all purpose flour
1 tsp. baking powder
jam or jelly

Cream butter and sugar; add egg yolk. Beat hard and sift in flour and baking powder. Mix well. Pinch off small pieces of dough and roll into balls the size of walnuts. Make a deep impression in centre of each with a thimble. Place on a floured cookie sheet and bake for 10-15 minutes (325° F.). Remove from oven and fill centers with jam or jelly.

ALMOND CRESCENTS (Shortbread type)

— Mrs. Irwin (Barb) Jewell

1 cup butter
4 Tbsp. icing sugar
2 cups flour

½ lb. almonds (whole with
skins on)
1 tsp. almond flavoring
salt

Preheat oven to 350° F. Crush almonds fine. Mix the above batter and roll into palm of hand small half moon shapes. Bake 10-12 minutes, or until brown. Sprinkle with sifted icing sugar before serving.

CHERRY COCONUT DROP COOKIES

— Mrs. George (Elizabeth) Cairns

1 cup flour
 ½ tsp. baking powder
 ½ tsp. salt
 ½ cup butter
 ½ cup sugar

1 egg, beaten
 1 cup fine coconut
 ½ tsp. almond flavoring
 ¼ cup red cherries chopped
 ½ cup chopped nuts

Cream butter and sugar. Add egg and flavoring and beat well. Blend in dry ingredients. Add cherries, nuts and coconut. Drop by teaspoonfuls on lightly greased baking sheet. Top with ¼ cherry. Bake in 375° F. oven for 10-12 minutes.

COCONUT DAINTIES

— Mrs. Stuart (Marion) Vessey

Cream:

¼ cup butter
 ¼ cup shortening

¼ cup brown sugar

Add:

1 egg yolk well-beaten
 and mix well

1 cup flour
 pinch salt

Roll in small balls, dip in slightly beaten egg white, then roll in dessicated coconut. Place on cookie sheet. Make small indentation on top of each ball and fill with jam, marmalade or jelly. Bake in moderate oven 15-20 minutes.

CHOCOLATE JUMBLES

— Mrs. Richard (Dorothy) Vessey

½ cup soft butter
 ½ cup white sugar
 1 egg
 1½ tsp. vanilla
 ½ cup all purpose flour
 4 Tbsp. cocoa

½ tsp. salt
 ¼ tsp. baking powder
 ½ tsp. cinnamon
 1 cup walnuts (not chopped)
 1 cup dates (cut in large pieces)

Beat butter, sugar, egg and vanilla together until smooth and creamy. Sift dry ingredients together, then blend into creamed mixture. Stir in nuts and dates. Drop from a teaspoon on a lightly greased cookie sheet. Bake in a moderate oven at 350° F. for 10-15 minutes. Cookies will be soft. Cool on a rack. Yields about 30 cookies.

CHERRY BALLS

— Mrs. Aubrey (Helen) Ready

1½ cups icing sugar
 1½ cups coconut
 ½ tsp. almond flavoring
 ½ cup butter

1 tsp. vanilla flavoring
 4 tsp. flour
 milk, if necessary

Mix all and roll around a cherry. Then roll in colored coconut or graham crumbs.

COCONUT MACAROONS

— Mrs. Leigh (Mayme) Vessey

3 egg whites beaten stiff
 1 cup white sugar

2 Tbsp. corn starch

Cook in double boiler 10 minutes, then thicken with shredded coconut. Drop by spoonfuls on buttered pan and brown lightly in oven.

SCOTCH COOKIES

— Mrs. Leigh (Mayme) Vessey

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|-------------------------------|-------------------------|
| 1 cup butter | 2 cups flour |
| $\frac{1}{2}$ cup brown sugar | $\frac{1}{8}$ tsp. salt |
| 1 tsp. vanilla | |

Cream the ingredients together until smooth. Roll on floured board to desired thickness. Cut in shapes and place on lightly greased baking sheet. Bake at 300° F. for 20 minutes or until a light brown.

RASPBERRY SWIRL COCONUT COOKIES

— Lise Oakes

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|-------------------------------|---------------------------|
| $\frac{1}{2}$ cup shortening | $3\frac{1}{4}$ cups flour |
| $\frac{1}{2}$ cup butter | 1 tsp. soda |
| 1 cup packed brown sugar | 1 tsp. salt |
| $\frac{3}{4}$ cup white sugar | $\frac{1}{2}$ cup water |
| 2 eggs | 1 tsp. almond extract |
| | 2 cups flaked coconut |

Cream together shortening, butter and brown sugar, white sugar and eggs. Combine water and almond extract and add to creamed mixture. Combine the flour, soda and salt. Add to the fat mixture and blend. Stir in coconut. Drop mixture by level tablespoonfuls 2 inches apart on ungreased baking sheet. Make small cavity in each cookie with back of spoon. Place $\frac{1}{4}$ tsp. raspberry jam on each cookie. Top with $\frac{1}{2}$ tsp. cookie mixture. Bake at 400° F. for 10-12 minutes. Yield — 5 dozen cookies.

SPICE COOKIES

— Mrs. Lloyd (Mary) Vessey

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|------------------------------|------------------------------|
| $\frac{3}{4}$ cup shortening | $1\frac{1}{2}$ tsp. cinnamon |
| 1 cup white sugar | $\frac{1}{4}$ tsp. cloves |
| 1 egg | 2 cups flour |
| 4 Tbsp. molasses | 2 tsp. soda |
| $1\frac{1}{2}$ tsp. ginger | $\frac{1}{2}$ tsp. salt |

Roll in balls and touch the top of ball in a little bit of white sugar. Press with fork. Bake at 375° F.

GUMDROP COOKIES

— Mrs. Parker (Irene) Jewell

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|-------------------------------|------------------------------------|
| 1 cup butter and margarine | $\frac{1}{2}$ cup chopped nuts |
| mixed | $\frac{3}{4}$ tsp. lemon flavoring |
| $\frac{3}{4}$ cup white sugar | 1 tsp. vanilla |
| $\frac{3}{4}$ cup brown sugar | 2 cups flour |
| 2 eggs unbeaten | 1 tsp. salt |
| 2 cups rolled oats | 1 tsp. soda |
| $\frac{3}{4}$ cup coconut | 1 tsp. baking powder |
| 1 cup gumdrops, cut fine | |

Combine butter and margarine, sugar, eggs, lemon and vanilla and beat thoroughly. Sift flour with salt, baking powder and soda. Add to butter mixture and mix well. Add rolled oats, coconut, gumdrops and nuts and mix thoroughly. Drop by teaspoon on greased cookie sheet and bake at 350° F. for 8-10 minutes.

GOOD OLD FASHIONED SHORTBREAD

— Mrs. Bill (Anne) Crockett

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|------------------------------|-----------------------------|
| 1 cup brown sugar | 1 cup lard (not shortening) |
| 1 cup butter (not margarine) | 4 cups all purpose flour |

Blend sugar, butter and lard. Add flour gradually. Dough is quite stiff. Knead it as long as it takes to become smooth. Roll out on lightly floured board — thick or thin as you like. Cut into shapes or squares and bake 350° F. for about 10 minutes — until they are a pale gold.

GINGER SNAPS

— Mrs. Parker (Irene) Jewell

1 cup molasses (bring to boil)

Stir in 1 tsp. soda while still foaming. Add one egg well beaten to the above mixture. Then add:

1 cup brown sugar	1 tsp. salt
2 tsp. ginger	1 cup shortening
1 tsp. cinnamon	

Mix all above ingredients well and add 1 Tbsp. vinegar. Work in enough flour to make a stiff dough. Roll thin and cut with cutter or shape in bars and slice. Bake in hot oven 375° F. Remove from pan at once. Cool on rack.

PUMPKIN COOKIES

— Mrs. Frank (Dorothy) Lewis

½ cup shortening	1 tsp. baking powder
1 cup white or brown sugar	1 tsp. salt
1 cup cooked, mashed pumpkin	1 tsp. cinnamon
1 tsp. vanilla	1 cup raisins
2 cups flour	½ cup nuts
1 tsp. soda	

Cream shortening and sugar well. Add pumpkin and vanilla. Add rest of ingredients. Drop on cookie sheet. Bake 350° F. for 12 minutes.

BUTTER TARTS

— Mrs. Nelson (Sharon) Vessey

1 cup brown sugar	¼ cup coconut
¼ cup butter	2 Tbsp. lemon juice or ½ tsp.
1 egg, well beaten	vanilla
¾ cup raisins	

Line 1 dozen large or 18 medium tart tins with pastry. Fill tarts ½ full. Bake in 375° F. oven for 10-12 minutes, until pastry and tart is nicely browned. (Very rich).

BANANA DROP COOKIES

— Mrs. Harry Swan

½ cup white sugar	½ cup walnuts, if desired
½ cup brown sugar	½ cup seedless raisins
½ cup salad oil or shortening	½ cup coconut
1 egg, beaten	1 cup flour
1 tsp. vanilla	½ tsp. soda
1 medium banana, crushed	½ tsp. salt
	2 cups rolled oats

Drop by teaspoon on greased cookie sheet. Bake in 350° F. oven for 12-15 minutes.

THICK MOLASSES COOKIES

— Mrs. Louis (Letha) Vessey

¾ cup shortening	4 tsp. baking soda
½ cup brown sugar	2 tsp. ginger
2 eggs	1 tsp. cinnamon
1½ cups molasses	½ tsp. cloves
5 cups flour	1 tsp. salt

Cream shortening and sugar. Add unbeaten eggs and molasses and mix. Sift flour and spices together and add to above mixture. Roll out fairly thick, about ¼ inch or better on floured board and cut with cookie cutter. Place on a greased cookie sheet and bake at 400° F. until done. This makes 3 cookie sheets of delicious cookies.

CHIPITS PEANUT BUTTER COOKIES

— Mrs. Donald (Irene) Crockett

- | | |
|---------------------------------------|---|
| $\frac{1}{2}$ cup margarine | $\frac{1}{2}$ tsp. vanilla |
| $\frac{1}{2}$ cup brown sugar packed | $\frac{1}{2}$ tsp. salt |
| $\frac{1}{2}$ cup granulated sugar | $\frac{1}{2}$ tsp. baking soda |
| 1 egg | $1\frac{1}{2}$ cups all purpose flour |
| 1 cup crunchy or smooth peanut butter | 1 cup (6 oz. pkg.) semi-sweet chocolate chips |

Preheat oven to 375° F. Cream together margarine, brown sugar and granulated sugar. Beat in egg, vanilla and peanut butter. Combine salt, baking soda and flour. Gradually add to margarine mixture, add chipits and mix well. Roll dough by hand into 1 inch balls. Place on greased cookie sheet. Press flat with a fork dipped in cold water. Bake 10-12 minutes. Makes 5 dozen cookies.

GINGER SPARKLES

— Laurie Simpson

- | | |
|-------------------------|------------------------------|
| 2 cups flour | $\frac{3}{4}$ cup shortening |
| 1 Tbsp. ginger | 1 cup white sugar |
| 2 tsp. baking soda | 1 egg |
| 1 tsp. cinnamon | $\frac{1}{4}$ cup molasses |
| $\frac{1}{2}$ tsp. salt | |

Cream sugar and shortening, add egg and molasses and beat well. Blend in dry ingredients. Dough will be quite stiff. Take small portions of dough and roll in small balls in your hand, then roll in white sugar (extra sugar not listed in above ingredients). Place on greased cookie sheet and bake till tops are crackled and lightly browned. 350° F.

CHOCOLATE CHIP COOKIES and/or SUNNY ORANGE DROPS

— Leslie Watts

- | | |
|------------------------------|--------------------------------|
| $\frac{2}{3}$ cup shortening | 1 tsp. baking powder |
| 1 cup brown sugar | $\frac{1}{4}$ tsp. baking soda |
| 2 eggs, well beaten | $\frac{1}{4}$ tsp. salt |
| 2 Tbsp. milk | $\frac{1}{2}$ tsp. vanilla |
| 2 cups flour | |

Cream shortening, add sugar gradually, beating between additions. Add eggs and mix well. Sift dry ingredients; Add alternately with liquid to above mixture. Add vanilla. Divide dough into two equal parts. To the first part add $\frac{1}{2}$ cup chocolate chips. To the second part add 3 tsp. grated orange rind, 3 tsp. orange juice, $\frac{1}{2}$ cup shredded coconut. Drop dough by teaspoonfuls onto greased baking sheet $1\frac{1}{2}$ inches apart. Bake at 375° F. for ten to twelve minutes.

RICE KRISPIE DROP COOKIES

— Mrs. Harry (Mary) Welton

- | | |
|-------------------------------|-------------------------|
| 1 cup white sugar | 1 tsp. vanilla |
| 1 cup brown sugar | 2 cups flour |
| 2 eggs | 1 tsp. soda |
| 1 cup shortening or margarine | $\frac{1}{2}$ tsp. salt |
| 1 cup coconut (fine) | 2 cups rice krispies |

Mix in order given. Drop by teaspoons on cookie sheet. Bake at 400° F.

PUFFED WHEAT COOKIES

— Mrs. Arthur (Phyllis) Brown

2 cups puffed wheat
 $\frac{1}{2}$ cup shortening
 $\frac{2}{3}$ cup sugar
 1 egg, beaten until light
 1 tsp. vanilla

1 cup flour
 $\frac{1}{2}$ tsp. baking powder
 $\frac{1}{4}$ tsp. salt
 1 tsp. cinnamon

Crisp the puffed wheat in oven for 5 minutes. Cream shortening and sugar together, add egg and vanilla. Sift flour, baking powder, salt and cinnamon and blend with the creamed mixture. Fold in puffed wheat. Bake as drop cookies in a moderate oven.

CANDY CANE COOKIES

— Mrs. Laken (Jean) Lewis

$\frac{1}{2}$ cup butter or margarine
 softened
 $\frac{1}{2}$ cup shortening
 1 cup confectioners sugar
 1 egg

$1\frac{1}{2}$ tsp. almond extract
 1 tsp. vanilla
 $2\frac{1}{2}$ cups flour
 1 tsp. salt
 $\frac{1}{2}$ tsp. red food coloring

Heat oven to 375° F. Mix thoroughly butter, shortening, confectioners sugar, egg and flavourings. Blend in flour and salt. Divide dough in half. Blend food colouring into one half. Shape 1 tsp. dough from each half into 4 inch rope. Place rope side by side, press together lightly and twist complete cookie one at a time. Place on ungreased baking sheet. Curve top of cookie down to form handle of cane. Bake about 9 minutes or until lightly brown. If you wish, sprinkle cookies with $\frac{1}{2}$ cup crushed peppermint candy and $\frac{1}{2}$ cup sugar immediately.

SCOTCH COOKIES

— Mrs. Reuben (Pat) Watts

1 cup butter (softened)
 $\frac{1}{2}$ cup brown sugar

2 cups flour
 $\frac{1}{8}$ tsp. salt

Cream the ingredients together. Beat with electric beaters or by hand until very smooth. Roll out on a lightly floured board to desired thickness. Cut in any shape and place on a lightly floured and greased baking sheet. Bake at 300° F. for about 18 minutes or until a light brown.

COFFEE SHEET COOKIES

— Judy Welton

1 cup chopped dates over which is poured $\frac{2}{3}$ cup hot coffee
 Let stand until cool.

$\frac{2}{3}$ cup butter
 1 cup brown sugar
 2 eggs
 1 tsp. vanilla
 $\frac{1}{2}$ tsp. baking powder

$1\frac{2}{3}$ cups flour
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{2}$ tsp. soda
 $\frac{1}{2}$ tsp. cinnamon
 $\frac{3}{4}$ cup chopped walnuts

Cream butter and sugar and add eggs. Add sifted dry ingredients, cooled dates, and nuts. Spread on greased cookie sheet. Bake at 350° F. for 25 minutes.

Ice when cool with:

$1\frac{1}{2}$ cups icing sugar
 1 tsp. instant coffee powder
 2 Tbsp. cream

2 Tbsp. melted butter
 $\frac{1}{8}$ tsp. salt
 1 tsp. vanilla

MELTING MOMENTS

— Mrs. Pearle Cooke

- | | |
|-------------------------------|-------------------------------|
| 2 cups flour | $\frac{3}{4}$ cup brown sugar |
| 1 tsp. baking soda | 1 tsp. vanilla |
| 2 tsp. baking powder | $\frac{3}{4}$ tsp. salt |
| 1 cup shortening or margarine | nuts or cherries (optional) |
| 1 egg (beaten) | |

Roll in small balls. Press lightly with fork. Bake 15 minutes at 350° F. — 375° F.

CHIPITS OATMEAL COOKIES

— Mrs. Jack (Marlene) Andrews

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|-------------------------------|---------------------------------|
| 1 cup margarine or shortening | 1 tsp. baking soda |
| 1 cup sugar | $\frac{1}{2}$ tsp. salt |
| 2 eggs | 2 cups chocolate chips |
| 1 tsp. vanilla | $1\frac{1}{4}$ cups rolled oats |
| $1\frac{1}{2}$ cups flour | |

Mix as for any cookie recipe. Drop from a spoon on to cookie sheet. Bake at 350° F.

ICE BOX GINGER SNAPS

— Mrs. Jack (Marlene) Andrews

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|-------------------------------|----------------------------|
| 1 cup shortening | $\frac{2}{3}$ cup molasses |
| $\frac{1}{3}$ cup brown sugar | |

Cream above ingredients together. Sift dry ingredients and add to above mixture.

- | | |
|-----------------|--------------------|
| 3 cups flour | 1 tsp. salt |
| 2 tsp. ginger | 2 tsp. baking soda |
| 1 tsp. cinnamon | |

Form batter into roll and wrap in waxed paper. Chill and slice to bake. Use moderate oven 350° F. 10 - 15 minutes.

CHOCOLATE CHIP & CHERRY COOKIES

— Mrs. Elmer (Edith) Brown

- | | |
|-------------------------------------|--------------------------------------|
| $\frac{1}{2}$ cup shortening | $\frac{1}{2}$ tsp. baking powder |
| $\frac{3}{4}$ cup white sugar | $\frac{1}{2}$ tsp. salt |
| 1 egg | 1 - 6-oz. pkg. chocolate chips |
| $\frac{1}{2}$ tsp. almond flavoring | $\frac{3}{4}$ cup dessicated coconut |
| 1 cup flour | $\frac{3}{4}$ cup cherries (cut) |

Cream shortening and white sugar, add egg and flavoring. Sift dry ingredients and add gradually to creamed mixture. Add chips, coconut and cherries. Roll in balls and press with fork to flatten. Bake at 350° F. till lightly browned. Yield 3 $\frac{1}{2}$ dozen.

FOR THE COOKIE JAR

Cookie dough that is to be rolled is much easier to handle after it has been in a cold place 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle in rolling. Take out on a floured board only as much dough as can be managed easily. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges.



Desserts

A Homemaker Is:

One who believes that the home is the greatest institution in the world.

One who believes in preserving family unity.

One who continually strives for up-dated education to improve the quality of life for her family and community.

One who "cares enough to share" with others that which has benefited her.

One who "Reaches to Others" and "extends" information, skills, talents, and friendship to those around her.

SUNDAY SURPRISE

— Mrs. Frank (Dorothy) Lewis

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|----------------------------|---------------------------------|
| ½ cup vanilla wafer crumbs | ½ cup cold water |
| 2 Tbsp. melted butter | 15 oz. pkg. raspberries |
| 3 oz. pkg. raspberry jello | 2 envelopes prepared Dream Whip |
| 1 cup boiling water | |

Combine vanilla wafers and butter. Reserve 2 Tbsp. Press remainder in 10 x 6 x 2 pan. Chill. Dissolve jello in boiling water. Add cold water and raspberries. Stir until fruit thaws and jello begins to thicken. Fold in ½ cup prepared Dream Whip. Pour into pan. Chill until firm. Spread with remaining Dream Whip and sprinkle with 2 Tbsp. crumb mixture. Cut in squares. Serves 6 - 8 people.

FRUIT SHERBET

— Eleanor Jewell

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|-------------------------|---------------------------------|
| Juice of 2 oranges | 1½ cup sugar |
| Juice of 2 lemons | 1½ cup milk |
| 1 banana (crushed well) | ½ pint whipping cream (whipped) |
| Rind of 1 lemon | |

Mix first 6 ingredients together well. Freeze until mushy. Fold whipped cream into frozen mixture. Return to freezer. Stir frozen mixture frequently to ensure fruit and cream do not separate.

APPLE CRISP

— Mrs. Richard (Dorothy) Vessey

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|---|---------------------------|
| 4 medium apples, peeled, cored and sliced (about 4 cups) | ¼ cup butter or margarine |
| 1 pkg. (4 serving size) butter-scotch pudding & pie filling | ½ tsp. cinnamon |
| | 1½ cups bran flakes |

Combine apple slices and half the pudding mix in greased shallow baking dish. Cream butter with remaining pudding mix and cinnamon; add cereal. Sprinkle over apple mixture. Cover and bake at 375° F. for 30 minutes or until apples are tender. Serve warm or chilled. Makes 8 servings.

LEMON PUDDING

— Mrs. Frank (Gertrude) Vessey

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|---------------------------|---------------|
| 2 Tbsp. melted butter | 2 Tbsp. flour |
| rind and juice of 1 lemon | ¾ cup sugar |
| 2 eggs | 1 cup milk |

Mix melted butter and flour till smooth, add rind and lemon juice, then sugar slowly. Add beaten yolks and milk. Lastly, fold in stiffly beaten egg whites and bake over water in 325° F. oven for 20 minutes.

COTTAGE PUDDING

— Mrs. Albert (Marion) Holmes

- | | |
|------------------------------|------------|
| 1½ cups flour | 1 egg |
| 2 heaping tsp. baking powder | 1 cup milk |
| ½ tsp. salt | vanilla |
| 1 cup sugar | |

Place dry ingredients in bowl. Mix in egg and milk, and vanilla. Place in greased 10" pan. Cook for 40 minutes in 325° F. oven. Serve with brown sugar sauce.

BREAD PUDDING

— Mrs. Harold (Myra) Watts

4 slices dry bread, broken into 2" pieces

Mix together:

1 cup milk	1 tsp. vanilla
2 beaten eggs	½ tsp. nutmeg
¼ cup white sugar	½ cup raisins or dates

Put all together into a casserole greased with butter and bake in a 350° F. oven for 30 minutes. Serve while still warm with cream.

PINK LADY DESSERT

— Mrs. Jack (Marlene) Andrews

1 angel food cake mix

Bake as directed on package. When cool break into bite size pieces and place back in angel food cake pan.

1 large pkg. of strawberry jello	1 qt. vanilla or strawberry ice cream
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Mix jello with two cups of boiling water and when dissolved add ice cream. Stir until melted and pour over cake. Let set at least two hours. Turn out on large plate and ice with 4 oz. package of Dream Whip, made as directed on package.

MANDARIN ORANGE DESSERT

— Mrs. Reuben (Pat) Watts

Top:

1 package orange jello (3 oz.)	1 can evaporated milk (chilled)
1 can Mandarin oranges	1 cup white sugar

Bottom:

21 (1¼ cups) graham wafers	pinch of salt (amount gathered between thumb and forefinger)
¼ cup melted butter	
¼ cup white sugar	

Dissolve jello in juice and water to make 1 full cup. Heat to dissolve the jello. Chill until slightly thickened. Whip can of milk, add 1 cup white sugar. Fold in chilled jello and oranges. Crush wafers, add butter, sugar and salt. Mix well and press in 9 x 13 x 2 pan. Add top mixture and chill.

For best results chill bowl and beaters before whipping milk.

PEACHY LEMON WHIP

— Mrs. Fred (Earla) Oakes

1½ cups graham wafer crumbs	⅔ can undiluted Carnation
¼ cup melted butter	Evaporated milk (chilled)
3½ oz. pkg. lemon pudding and pie filling mix	2 Tbsp. lemon juice
	2 cups well drained sliced peaches

Mix crumbs and butter. Save ¼ cup of this mixture for topping. Press 2 Tbsp. of crumbs in bottom and up sides of 8 dessert dishes and chill. Prepare pudding as you do for lemon meringue pie. Cool, stir often. Whip chilled milk until stiff, add lemon juice. Whip very stiff. Beat cooled pudding until light and fluffy. Fold milk into pudding. Spoon into dessert dishes. Top with peaches and remaining crumbs. Chill to serve.

LEMON PUFF

— Frances Vessey

- 1 envelope Knox unflavored gelatine
- $\frac{2}{3}$ cup white sugar
- $\frac{1}{8}$ tsp. salt
- $\frac{3}{4}$ cup cold water

- 1 - 6 oz. can frozen concentrated lemonade
- 1 cup icy cold evaporated milk, whipped

Mix gelatine, sugar and salt thoroughly in a small saucepan. Add water and place over low heat and stir until gelatine is dissolved. Remove from heat and stir in undiluted concentrate. Chill, stirring occasionally until mixture is consistency of egg white. Fold into whipped evaporated milk with beaters. Chill two hours. Decorate with a cherry.

Also nice served with custard sauce:

- 1 cup milk
- 1 Tbsp. white sugar
- 2 egg yolks
- pinch salt

Mix egg yolks, sugar and salt together well. Add to milk. Cook over hot water in double boiler, until mixture adheres to a silver spoon. Stir while cooking. Remove from heat at once. If over cooked it will curdle — cool and add $\frac{1}{2}$ tsp. vanilla.

PINEAPPLE DELIGHT

— Mrs. Dewar (Grace) Swan

- 1 (3-oz.) package lemon or strawberry jello
- 1 cup boiling water
- $\frac{3}{4}$ cup pineapple juice
- $1\frac{1}{2}$ cups graham wafers
- $\frac{1}{4}$ cup white sugar

- $\frac{1}{2}$ cup melted butter or margarine
- $1\frac{1}{2}$ cups miniature marshmallows
- 1 cup crushed pineapple
- 1 pkg. Dream Whip made up with $\frac{1}{2}$ cup milk according to directions on package

Make jello as directed on package using pineapple juice instead of cold water. Set in fridge. Using next three ingredients, make a crumb base. Spread in 9 x 9 pan and bake for 10 minutes at 350° F. Let cool. When jello is partially set, add marshmallows, pineapple and Dream Whip. Mix all together and spread over crumb base. Sprinkle with crushed cracker crumbs or all-bran. Let set about 1 hour before serving.

PINEAPPLE WHIP

— Mrs. Clifford (Ella) Chappell

- 1 (3-oz.) pkg. of strawberry jello
- $\frac{1}{2}$ pint whipping cream

- 1 20-oz. can pineapple cubes
- 6 green candied cherries

Drain pineapple cubes. To jello in bowl add 1 cup boiling water and stir adding 1 cup pineapple juice drained from cubes. Stir well and let jell. Whip cream until thick, add pineapple cubes and whipped cream, to thickened jello. Mix lightly. Serves 6. Top each serving with cherry.

STEAMED CRANBERRY PUDDING

— Mrs. Harry (Florence) Lewis

- 3 tsp. baking soda
- $\frac{3}{4}$ cup molasses
- $\frac{3}{4}$ cup boiling water
- 2 cups flour

- $1\frac{1}{2}$ tsp. baking powder
- $\frac{1}{2}$ tsp. salt
- $1\frac{1}{2}$ cups whole cranberries

Add soda to molasses. Stir in boiling water. Add dry ingredients and cranberries. Steam two hours.

Sauce:

- 1 cup cream
- $\frac{1}{2}$ cup butter

- $\frac{3}{4}$ cup white sugar

Heat, but don't boil. Pour over hot pudding.

CENTENNIAL PUDDING

— Mrs. Raymond (Evelyn) Vessey

- | | |
|------------------------------------|-------------------------------------|
| ½ cup ground suet | ½ tsp. salt |
| ½ cup brown sugar | 1 tsp. cinnamon |
| ½ cup molasses | ⅛ tsp. ground cloves |
| 1½ cups grated raw carrot | ½ tsp. nutmeg |
| 1 cup grated raw potato | 1 cup chopped large raisins |
| 1 cup pre-sifted all-purpose flour | ⅓ cup chopped citron or orange peel |
| 1 tsp. baking soda | |

Mix first five ingredients. Sift all dry ingredients. Add to mixture. Add fruit; steam 3-3½ hours.

QUICK PUDDING

— Mrs. Leigh (Mayme) Vessey

- | | |
|----------------------|----------------------|
| ⅓ cup white sugar | ½ cup milk |
| 1 cup flour | ½ cup seeded raisins |
| 1 tsp. baking powder | salt |

Mix all together and put in pan. Then cover with the following sauce:

- | | |
|---------------------|----------------|
| ½ cup brown sugar | 2 Tbsp. butter |
| 1 cup boiling water | |

Bake 20 minutes in a moderate oven (350° F.).

TO STEAM A PUDDING OR CAKE

To steam pudding or fruit cakes, fill well-greased pan or molds about ¾ full. Spread batter evenly. Cover with greased heavy paper, foil or parchment paper wrung out of cold water. Tie down covering. Place wire rack in bottom of steam pot. Add enough water to almost cover rack. Do not allow baking pan to sit in the water. Cover pot and steam over boiling water for required time. Watch carefully that water continues to boil gently and pot does not go dry.

STRAWBERRY DESSERT

— Mrs. Frank (Gertrude) Vessey

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|-------------|-----------------------------|
| 1 cup sugar | 1 pint crushed strawberries |
|-------------|-----------------------------|

Bring to boiling point, and add 1 package (3 oz.) strawberry jello, or if desired add 1 envelope gelatine.

Crust: ½ cup butter, mixed with 2½ cups crushed graham wafers, (save ⅓ cup for top). Pat in a 9 x 9 pan. Bake crust 15 minutes. Let cool. Add partly cooled strawberries, put Dream Whip or whipped cream and crumbs on top when cool.

BAKED APPLE TAPIOCA

— Mrs. Louis (Letha) Vessey

- | | |
|----------------------|-----------------------------------|
| 3 cups water | 1 cup brown sugar (firmly packed) |
| 2 Tbsp. lemon juice | 1 tsp. salt |
| 3 large tart apples | ¼ tsp. nutmeg |
| ½ cup minute tapioca | 3 Tbsp. melted butter |

Peel and slice apples in deep baking dish. Combine water and lemon juice and pour over apples. Cover and bake at 375° F. until apples are partially cooked. Mix together tapioca, sugar, nutmeg, sprinkle over apples and mix well. Add melted butter and stir. Bake for 20 minutes. Serve hot.

RHUBARB PUDDING

— Mrs. Nelson (Sharon) Vessey

Mix:

1 cup white sugar	3 cups rhubarb (bite size pieces)
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Mix:

3 cups bread cubes	1 cup milk
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Mix all this together in buttered casserole dish (13 x 9 x 2)

Mix:

$\frac{1}{2}$ tsp cinnamon	3 eggs (well beaten)
$\frac{1}{2}$ tsp. salt	$\frac{1}{2}$ cup white sugar

Lay this sauce over first mixture and bake in 350° F. oven until rhubarb is tender and golden brown crust forms. Serve warm or cold.

INDIVIDUAL BROWNIE ALASKAS

— Darlene Lewis

1 pkg. (15 ozs.) fudge brownie mix	4 egg whites
1 pint peppermint or strawberry ice cream	$\frac{1}{2}$ cup sugar

Bake brownies as directed on package. Cut into 3" squares; place on baking sheet. Top each with small scoop ice cream and place in freezer 1 hour. Heat oven to 500° F. Beat egg whites until foamy. Beat in sugar, 1 Tbsp. at a time; continue beating until stiff and glossy. Cover brownies and ice cream with meringue, sealing it to edge of brownies. Bake 3 - 4 minutes or until meringue browns. 9 servings.

Success Secrets for Brownie Alaskas:

1. Freeze scoops of ice cream hard before putting on brownies.
2. Work fast — Spread a few at a time, keeping all others in freezer until you're ready to bake them.
3. Serve immediately.

RICH MAPLE ICE CREAM (A year round favourite)

— Mrs. Parker (Irene) Jewell

Prepare the following custard:

$1\frac{1}{2}$ Tbsp. flour	$\frac{1}{4}$ tsp. salt
$1\frac{1}{2}$ cups white sugar	2 eggs

Cream above four ingredients well. Add 3 cups milk and cook until it coats spoon. Chill till ice cold. Pour custard into ice cream freezer and add:

1 quart whipping cream	3 Tbsp. brown sugar
1 cup milk	2 Tbsp. maple flavoring

Stir well. Freeze in ice cream freezer and let stand 1-2 hours after freezing.

You may well ask "Why make ice cream at home when you can buy a lot of flavours and combinations?" Let me be the first to tell you that home made ice cream is a new taste thrill. It's incredible — quite easy to make, fun to do, and rewarding to serve. Whole families are making ice cream, and they're loving it. You will discover that ice cream is no longer just a winter treat, but a year round favourite.

NORWEGIAN PUDDING

— Mrs. Bernard (Susan) Pepin

¼ cup butter
1 cup sugar

½ tsp. cinnamon
¼ tsp. nutmeg

Cream above four ingredients together. Then add:

1 beaten egg
1 cup unsifted flour

1 tsp. baking soda
2 cups sliced raw apples

Bake at 350° F. about 50 - 55 minutes until browned.

BAKED CUSTARD

— Mrs. Bill (Anne) Crockett

So good for the children — and you!

3 eggs beaten
2 cups milk
½ tsp. salt

¼ cup sugar
1 tsp. vanilla
cinnamon

Scald the milk; beat the eggs, adding salt and sugar to them, stir in the hot milk slowly, add vanilla and pour into custard dishes or any ovenware and dust cinnamon on the top. Put the dishes in a pan of hot water and bake at 350° F. for 45 minutes. Test by putting a knife into the middle — if it comes out clean, the custard is done. This recipe can be doubled.

PLUM PUDDING

— Mrs. Walter (Wanda) Mallett

1 cup bread crumbs
1 cup molasses
1 cup brown sugar
1 cup milk
4 eggs
3½ cups flour
2 tsp. salt
2 tsp. allspice

4 cups suet
1 tsp. each of cloves, mace and
cinnamon
1 heaping tsp. baking soda
1 lb. seeded raisins
1 lb. seedless raisins
1 lb. mixed fruit
Dates, if desired

Mix well in order given. Grease three 3-lb. cans. Fill half full and steam four hours.

These cans can be kept in fridge for months. Then, at time of using, steam again. It is the steaming that makes the pudding.

BROWN SUGAR SAUCE

— Mrs. Bev. (Shirley) Simpson

2 Tbsp. butter
¾ cup brown sugar
2 Tbsp. cornstarch

1 tsp. vanilla
1½ cups boiling water

Mix cornstarch and brown sugar together. Add boiling water. Cook over medium heat till thickened stirring constantly. Add vanilla and butter.

Serve over cottage pudding or bread pudding. Especially good served with plum or Christmas pudding.

CARAMEL PUDDING

— Leslie Watts

$\frac{1}{4}$ cup butter	1 egg well beaten
1 cup brown sugar	1 tsp. vanilla
4 cups milk	$\frac{1}{8}$ tsp. salt
3 Tbsp. cornstarch	

On the top of the stove caramelize the butter and brown sugar. Keep stirring so it will not burn. In a double boiler put $3\frac{1}{2}$ cups milk. Mix cornstarch with remaining $\frac{1}{2}$ cup of milk and add to milk in double boiler. Heat. Add caramelized sugar mixture to hot milk. Stir until dissolved and slightly thickened. Beat the egg and add a small amount of the hot mixture to the egg and return this to the hot mixture in the double boiler. Cook until thickened. Pour into dishes and cool.

APPLE PUDDING

— Mrs. Parker (Irene) Jewell

4 - 5 medium sized apples	2 eggs unbeaten
1 cup white sugar	2 cups flour
2 Tbsp. butter	$2\frac{1}{2}$ tsp. baking powder
1 tsp. cinnamon	1 tsp. salt
$\frac{1}{2}$ cup shortening and butter	1 cup milk
mixed	1 tsp. vanilla
1 cup white sugar	

Cut up the apples into saucepan. Add the butter, sugar and cinnamon and simmer until apples are tender. Remove from heat and pour into funnel pan.

Cream shortening, add sugar gradually. Add the eggs and beat well. Sift flour with baking powder and salt. Beat into creamed mixture alternately with milk. Add vanilla. Spoon over apples in pan. Bake at 350° F. for 40-50 minutes. Let cool for 5 minutes before turning out pudding upside down. Serve with whipped cream or ice cream.

PINEAPPLE DESSERT

— Mrs. Richard (Dorothy) Vessey

Bottom:

$2\frac{1}{4}$ cups graham wafer crumbs $\frac{1}{2}$ cup soft butter

Blend together and press in a 9 x 13 pan.

2nd layer:

1 pkg. Dream Whip	$\frac{1}{2}$ cup milk
1 - 8 oz. pkg. Philadelphia Cream Cheese, softened	$\frac{3}{4}$ cup white sugar

Whip the Dream Whip with the $\frac{1}{2}$ cup milk. In another bowl cream the cream cheese. Beat in the $\frac{3}{4}$ cup sugar. Add the prepared Dream Whip and cream together. Spread over the crumb base. Top with the following filling:

1 can crushed pineapple (19 oz.)	$\frac{1}{2}$ cup white sugar
4 Tbsp. cornstarch	$\frac{1}{2}$ tsp. salt

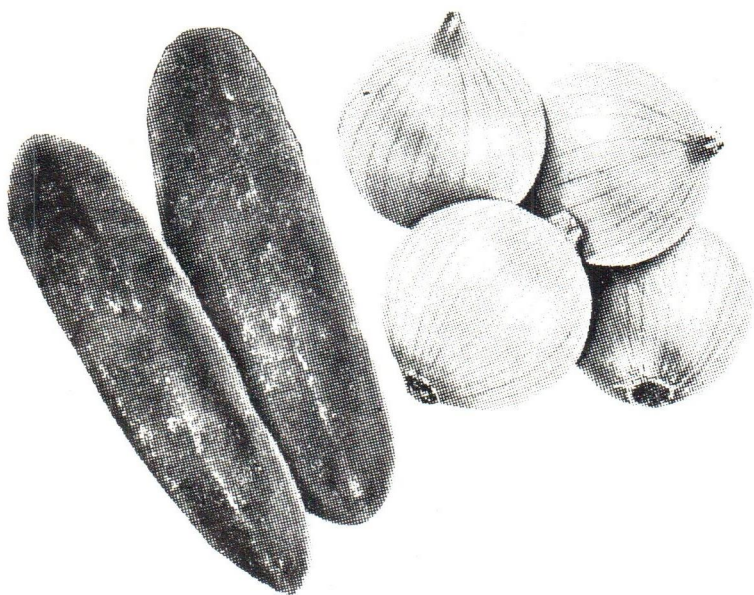
Blend together, cook till thick and cool. Spread over whipped mixture. Sprinkle graham wafer crumbs over top. Chill to serve.

CHERRY DESSERT

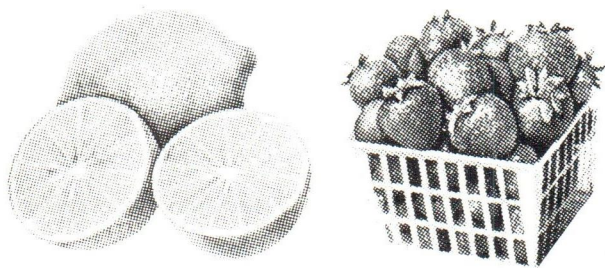
— Mrs. Laken (Jean) Lewis

$2\frac{1}{2}$ cups graham wafer crumbs	3 Tbsp. white sugar
$\frac{1}{2}$ cup soft butter	

Blend together and press in a 9 x 13 pan. Bake 8 - 10 min. at 350° F. Cool. Spread over the above, one large can cherry pie filling, 1 pint whipping cream, whipped stiffly. Cover whipped cream with miniature marshmallows. Press into whipped cream. Sprinkle graham wafer crumbs over top. Chill to serve.



*Jams , Jellies
and
Pickles*



MUSTARD PICKLES

— Mrs. Jack (Marlene) Andrews

7 cups white sugar
 4 cups white vinegar
 4 Tbsp. Pickling salt
 1½ cups flour
 2 Tbsp. mustard seed
 2 Tbsp. turmeric
 2 Tbsp. dry mustard
 1 small tsp. black pepper

1 cauliflower, cut small
 3 lbs. onions
 5 qts. cucumbers, peeled or unpeeled
 1 red pepper
 1 green pepper if cukes are peeled

Cut vegetables into small pieces. Drain liquid, if any, off vegetables. **Note:** The vegetables are **not** soaked in a brine as is usual for pickles. Mix all dry ingredients including salt together and add gradually to vinegar, stirring well until smooth. Pour over vegetables and cook until sauce is thick. Keep a close watch and stir often. Bottle while hot.

GOLDEN MUSTARD PICKLES

— Mrs. Frank (Dorothy) Lewis

1½ qts. small onions
 1½ qts. cucumbers

1 med. sized cauliflower

Dressing:

1 qt. vinegar
 4 cups sugar
 ½ cup flour

1 Tbsp. turmeric
 2 Tbsp. celery seed
 ½ cup dry mustard

Peel onions, cucumbers and cauliflower. Cut in desired size. Cover with brine (½ cup pickling salt to 1 quart water). Let stand overnight. In morning drain well for 2 - 3 hours. Mix dry ingredients and add to vinegar. Bring to boil stirring constantly until thickened. Continue stirring and add vegetables gradually. Cook slowly for 15 minutes. Bottle. Watch carefully to keep sauce from burning.

MUSTARD PICKLES*Jeddies*

— Mrs. Roland (Judy) Vessey

4 qts. cucumbers, cut up
 (peeled)

1½ qts. onions, chopped

Add ½ cup salt and cover with boiling water. Let stand for 30 minutes. Then drain water off.

Sauce:

4 cups white sugar
 1 cup flour
 1½ Tbsp. dry mustard

1 heaping tsp. turmeric
 1 tsp. celery seed
 5 cups vinegar

Mix all dry ingredients together, then add vinegar and cook dressing until thick. Pour dressing over drained vegetables and cook for ½ hour at medium heat, stirring constantly. Bottle in sterilized jars.

PICKLED BEETS

— Mrs. Aubrey (Helen) Ready

1 cup water
 3 cups vinegar
 2 - 3 cups white sugar
 1 tsp. cloves

1 tsp. cinnamon
 ¼ cup salt
 Cooked beets

Combine ingredients together and boil syrup for 5 minutes. Pour over beets which have been cooked and packed in hot sterilized jars. Seal.

SEVEN DAY PICKLES

— Mrs. Bev. (Shirley) Simpson

A really crisp and crunchy pickle to serve with cold cuts or sandwiches.

10 extra large cucumbers (unpeeled)
Wash cucumbers and place whole in a large crock or enamel pan. Cover cucumbers with boiling water and let stand for 24 hours. Drain and repeat this process each day for the next 4 days. On the 5th day, drain and split cucumbers in four lengthwise. Remove seeds and pulp. Then slice in $\frac{1}{2}$ - $\frac{3}{4}$ inch slices. The cucumbers will appear spongy and the skin pale at this point. This is the way they should be.

Then prepare the following syrup:

8 cups white sugar	5 tsp. salt
2 Tbsp. pickling spice (more if your taste desires)	4 cups vinegar

Bring syrup to boil and pour over cucumber slices in large pan. Let cucumbers stand in syrup for two days. Then re-heat and bottle in hot sterilized jars. If the jar is covered with saran wrap before placing lid, this prevents lid from rusting. Seal tightly.

DILL PICKLES

— Mrs. Irwin (Bea) Campbell

40 - 50 cucumbers, 3 - 4 inches long	2 qts. water
1 qt. mild vinegar	Fresh dill (one or two sprigs per jar)
$\frac{3}{4}$ cup coarse salt	

Wash cucumbers, cover with cold water and let stand overnight. Drain and pack in jars. Combine water, salt and vinegar in a saucepan and bring to a boil. Pour over the cucumbers. Cover completely. Add dill to each jar. Seal tightly. Makes 6 - 8 quarts.

BREAD AND BUTTER PICKLES

— Mrs. Barry (Betty) MacDonald

16 cups thinly sliced cucumbers (unpeeled)	$\frac{1}{2}$ cup coarse salt
	8 cups sliced onions

Combine in bowl and cover with ice cubes. Let stand 2 - 3 hours or until cukes are crisp. Add more ice if needed. Drain well.
In large kettle, combine:

4 cups vinegar	2 Tbsp. mustard seed
5 cups white sugar	$1\frac{1}{2}$ tsp. turmeric
1 Tbsp. celery seed	$\frac{1}{2}$ tsp. white pepper

Bring to a boil and boil 10 minutes. Add cukes and onions and bring to boil again. Pack at once into sterilized jars. Seal and store in cool place. Leave one month before using.

RHUBARB RELISH

— Mrs. Lloyd (Mary) Vessey

3 cups of vinegar	2 tsp. allspice
2 qts. rhubarb, diced	2 tsp. cloves
2 qts. onions, chopped	2 tsp. pepper
4 lbs. brown sugar	2 tsp. salt
2 tsp. cinnamon	

Cook rhubarb, onions and vinegar for 20 minutes before adding sugar and spices. Simmer for about $\frac{1}{2}$ hour longer, then bottle and seal in hot sterilized jars.

CUCUMBER RELISH

— Mrs. Lloyd (Mary) Vessey

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|---------------------------------------|----------------------|
| 4 cups cucumbers, cut fine (unpeeled) | 6 cups vinegar |
| 3 cups onions, cut fine | 2 Tbsp. mustard seed |
| 1 medium cauliflower, cut fine | 2 Tbsp. celery seed |
| 1 head celery, cut fine | 3 Tbsp. turmeric |
| 2 red sweet peppers, cut fine | 8 cups white sugar |
| 3 large grated apples | 4 Tbsp. cornstarch |

Chop vegetables by hand and cover with $\frac{3}{4}$ cup coarse salt and boiling water. Let stand overnight. Drain in morning. Combine vinegar, sugar and spices. Bring vegetables and spices to boil and thicken with cornstarch which has been mixed with a little cold water. Bottle and seal.

PICKLED BEETS

— Mrs. Walter (Wanda) Mallett

Boil one peck (12 lbs.) of small beets. Skin and place in sterilized bottles. Cover with the following syrup:

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|--------------------|----------------|
| 6 cups brown sugar | 6 cups vinegar |
|--------------------|----------------|

In spice bag place:

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|--------------------------|------------------------------|
| 1 bottle stick cinnamon | 1 Tbsp. mixed pickling spice |
| 1 - 2 Tbsp. whole cloves | |

Boil sugar, vinegar and spice bag together for 15 minutes. Pour over beets in jars. Place 4 or 5 whole cloves in each jar with beets for extra flavor. Seal.

CHILI

— Mrs. Leonard (Myrtle) Andrews

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|-------------------------|---------------------|
| 12 large ripe tomatoes | 2 Tbsp. celery seed |
| 3 onions, chopped | 2 cups vinegar |
| 2 green peppers, cut up | 1½ cups brown sugar |
| 2 red peppers, cut up | 3 Tbsp. salt |
| 2 Tbsp. mixed spice | |

Scald and peel tomatoes, then add other ingredients and stew for approximately 2 hours. Bottle in hot sterilized jars and seal.

STRAWBERRY JAM

— Mrs. Albert (Marion) Holmes

2 quarts fresh or frozen strawberries (unsweetened)

Thaw and mash berries (if frozen). Add 1 quart white sugar. Boil for 8 minutes. Remove from stove and let cool. Stir and skim off foam. Bottle in sterilized jars. Store in fridge.

STRAWBERRY PRESERVE

— Mrs. Arthur (Emily) Johnson

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|-------------------------|--------------------|
| 3 boxes of strawberries | 1 tsp. Epsom salts |
| 7 cups white sugar | |

Boil berries and sugar for 5 minutes after mixture comes to a boil. Add Epsom salts and boil hard one minute. Remove from heat. Stir 5 minutes and bottle in self sealers.

Onions are much easier peeled if allowed to soak in cold water for an hour.

STRAWBERRY JAM

— Mrs. Arthur (Emily) Johnson

3 cups crushed fruit
5 cups white sugar

1 pkg. Certo crystals
1 cup water

Mix fruit and sugar and let stand one hour. Boil water and Certo crystals hard one minute. Add fruit and put in jars. Keep in refrigerator.

APPLE JELLY

— Mrs. Gordon (Ethel) Vessey

Combine in a large saucepan:

2 cups canned apple juice

3½ cups white sugar

Mix well, place over heat and bring to a boil, stirring constantly. Stir in at once a ½ bottle of liquid pectin, 6 oz. size (Certo). Bring to a full boil for one more minute, continuing to stir. Remove from heat, skim off foam. Pour into jars. Cover with paraffin and seal. Yields about 5 (6 oz.) jars.

CRANBERRY SAUCE

— Mrs. Reuben (Pat) Watts

Clean and wash 8 cups cranberries. Put in large pot and add 5 cups water. Cover and bring to a rolling boil, turn heat to medium or lower and add 4½ cups of white sugar, stir well and continue to cook slowly for 15 minutes. Stir occasionally until cool. Bottle and store in fridge.

MARMALADE

— Mrs. Roland (Dora) Buntain

1 orange, 1 lemon, 1 grapefruit
Remove seeds and put pulp and skins through grinder. Add 9 cups water and boil for 60 minutes. Add 5 lbs. white sugar and boil for 45 minutes. Stir often. Before taking off heat add ½ bottle of Certo and let boil for 1 minute while stirring. Bottle and seal with Parowax.

RIPE TOMATO MARMALADE

— Mrs. Frank (Gertrude) Vessey

10 medium ripe tomatoes
4½ cups white sugar

2 lemons

Blanch, peel and cut ripe tomatoes into small pieces. Slice lemons thinly, then cut into quarters. Place tomatoes and lemons in saucepan and cover tightly. Cook gently for 45 minutes, stirring occasionally. Remove cover, increase heat and cook until somewhat thickened, about 15 minutes. Add sugar and bring to boil (uncovered). Cook to jam stage, about 5 minutes. Pour into sterilized jars.

GREEN TOMATO MINCE

— Mrs. Clifford (Ella) Chappell

1 peck (8 qts.) green tomatoes
¼ cup salt
water
4 lbs. brown sugar
3 lbs. raisins (cut up or put through chopper if desired)

1 lb. margarine
1 cup vinegar
2 Tbsp. nutmeg
2 Tbsp. cinnamon
2 Tbsp. cloves (ground)
1 pkg. citron

Put tomatoes through food chopper. Cover with water to which salt has been added. Let stand overnight. In morning, boil tomatoes in brine for 20 minutes, then drain well. Add remaining ingredients. Mix well and put back on stove to simmer for one hour. Bottle in sterilized jars.

OLD FASHIONED MINCEMEAT

— Frances Vessey

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|--|--------------------------|
| 1 lb. beef suet, finely chopped | Broth meat was stewed in |
| 5 lb. apples, chopped | 2 tsp. cinnamon |
| 2 lb. sticky raisins, (cut up if desired) | 1 tsp. nutmeg |
| 1 lb. mixed peel | 1 tsp. cloves |
| 1 qt. boiled apple cider | 2 lb. brown sugar |
| 2 lb. lean, fresh beef, stewed and put through grinder | 1 tsp. salt |

Mix all together and cook slowly until apples are tender and mixture thickens. Bottle and seal.

GRAPE JELLY

— Mrs. Harry (Doris) Birt

4 - 6 qt. basket of blue grapes.
Wash and stem grapes. Boil in enough water to cover and until grapes become pale in color. Strain liquid and pulp through cheesecloth. Measure juice and add an equal amount of sugar. Then add about 1 to 2 cups extra sugar. Boil for 30 minutes. Cut two pared carrots in large pieces and boil with jelly. This helps jelly become clear. Add 1 bottle Certo and boil 10 minutes more. Remove carrots and skim. Bottle while hot in sterilized jars.

CRANBERRY JELLY

— Mrs. Bill (Anne) Crockett

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|--------------------|--------------|
| 4 cups cranberries | 2 cups sugar |
| 2 cups water | |

Boil cranberries in water until berries are soft. Put through a sieve. Add sugar and return to heat. Let boil until thick, about 10 minutes. Pour into jelly glasses that have been rinsed in water.

QUICK RASPBERRY JAM

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|--------------------|--------------------|
| 6 cups raspberries | 6 cups white sugar |
|--------------------|--------------------|

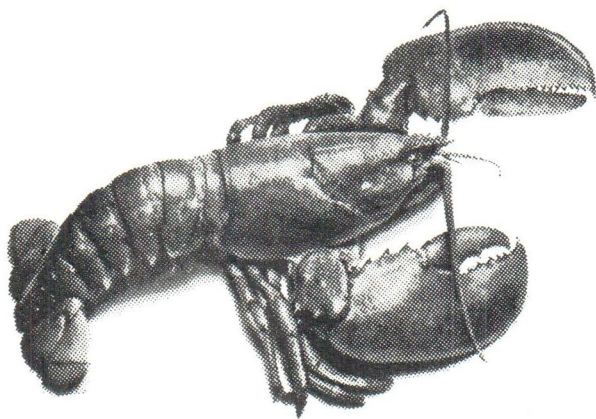
Boil fruit 2 minutes. Add sugar and boil 1 minute. Remove from heat and beat with mixer 4 minutes. This mixture will thicken when cold. Pour into sterilized jars and seal.

PUMPKIN JAM

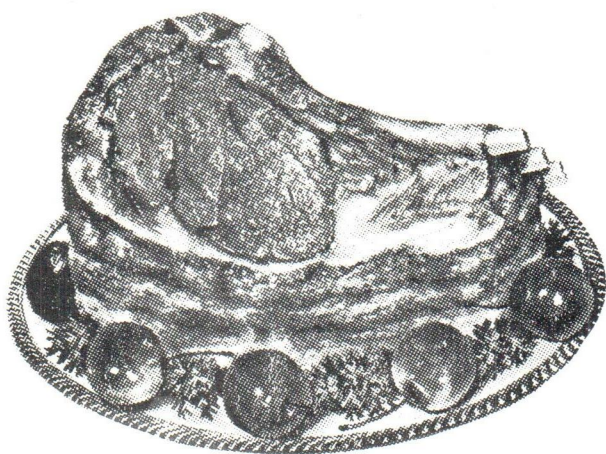
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| Large pumpkin | Lemon |
| Sugar | |

Cut pumpkin in cubes and add 1 lb. (2 cups) white sugar for each quart cubed pumpkin. In the morning drain syrup into a large preserving kettle and boil until it starts to thicken, then add cubed pumpkin and a fresh lemon cut in bits. Boil a few minutes or until clear. Delicious! One lemon for each 3 - 4 quarts pumpkin.

To peel onions without tears try peeling them under the fan on your range hood. The fan takes away all the fumes and you will not shed a tear. Especially useful when doing a large amount of onions at pickling time.



*Meat , Fish
and
Poultry*



STUFFED PORK CHOPS

— Mrs. Barry (Betty) MacDonald

3 cups bread crumbs
 1 onion
 ¼ cup water
 ¼ cup butter, melted
 poultry seasoning

1 can mushroom soup
 ⅓ cup water
 pork chops

Combine bread crumbs, onion, ¼ cup water, butter and seasoning to make dressing. Brown chops in frying pan. Then place in baking dish. Place dressing on each chop. Blend soup with ⅓ cup water. Pour over top. Bake at 350° F. for 1 hour.

BAKED PORK CHOPS

— Shelley Simpson

6 pork chops ½ - ¾ inch thick Place in pyrex baking dish (9 x 13)

Sauce:

⅔ cup ketchup
 ⅔ cup water
 3 Tbsp. brown sugar

¼ cup onion
 1 Tbsp. vinegar (optional)

Mix together and pour over chops. Bake at 350° F. for 1 hour. Turn chops over once in sauce. Good served with baked potatoes and hot buttered peas.

BROILED HAM AND PINEAPPLE SLICES

— Mrs. Laken (Jean) Lewis

1 - 1½ lb. ham slice, ½ inch thick
 1 can (8½ oz.) sliced pineapple,
 drained

Soft butter or margarine

Set oven to broil or 550° F. Diagonally slash outer edge of fat on ham at 1" intervals to prevent curling. Place ham on rack in broiler pan. Broil 3" from heat for 5 minutes on each side or until lightly brown. During last 2 minutes of broiling arrange pineapple slices on ham; brush with butter.

COTTAGE ROLL WITH GLAZED APPLES

— Mrs. Irwin (Bea) Campbell

3 - 4 lbs. cottage roll
 3 cups hot water
 1 bay leaf
 6 whole cloves
 1 clove garlic (crushed)

3 cored, unpeeled apples
 ½ cup red currant jelly
 2 Tbsp. horseradish
 (Ground cloves and garlic may
 be used in place of whole ones)

Remove plastic wrap from cottage roll. Place in deep saucepan with hot water, cloves, garlic and bay leaf. Cover and simmer gently about 1½ hours. Turn the roll over once while it's cooking. Remove casing and place roll in a greased baking dish. Core apples, cut into thick rings and arrange around meat. Mix jelly with horseradish and spread over meat and apples. Bake 425° F. about 15 minutes. Baste once or twice during cooking.

CHERRY GLAZED BAKED HAM

— Mrs. Laken (Jean) Lewis

5 - 7 lb. uncooked ham
 1 can (21 oz.) cherry pie filling
 1 cup orange marmalade

¼ cup sherry
 ¼ cup orange juice

Bake ham. Thirty minutes before end of baking, remove from oven. Pour drippings from pan. Score fat surface lightly in uniform diamond pattern. Strain pie filling. Set cherries aside. Stir together syrup from pie filling, marmalade, sherry flavouring and orange juice. Pour mixture over ham. Continue baking 30 minutes longer or until ham is done. Baste frequently with glaze. Garnish ham with reserved cherries.

VERMONT CORNED BEEF (in pressure cooker)

— Mrs. Raymond (Karen) Campbell

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|--------------------|-----------------------------------|
| 2 lbs. corned beef | 1 cup sliced turnip |
| 1 cup water | 3 carrots, cut into 1 inch pieces |
| 5 small potatoes | 1 lb. cabbage, cut into wedges |

Soak corned beef in cold water if necessary. Drain. Place 1 cup water, cooking rack and corned beef in pressure cooker. Close cover securely. Place pressure regulator on vent pipe. Cook 40 minutes. Cool pressure cooker at once, add vegetables. Close cover securely. Place pressure regulator on vent pipe. Cook 5 minutes. Cool pressure cooker at once. 6 - 8 servings.

BARBECUED SPARE RIBS

— Mrs. Dale (Sharon) MacLeod

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|---------------------------|-----------------------------------|
| 4 lb. spare ribs | 4 Tbsp. Lemon juice |
| 1 tsp. salt | 1 Tbsp. Worcestershire Sauce |
| $\frac{1}{4}$ tsp. pepper | 1 tsp. dry mustard |
| 3 Tbsp. fat | 1 cup juice from canned |
| 1 medium onion, chopped | peaches or sweet pickles |
| 2 Tbsp. brown sugar | $\frac{1}{2}$ cup diced celery |
| 1 cup ketchup | $\frac{1}{2}$ tsp. cayenne pepper |

Sprinkle meat with salt and pepper. Bake meat side up at 400° F. for 30 minutes. Heat the fat. Fry the onions to a light yellow. Add the other ingredients; heat to boiling. Pour over ribs. Cover and bake at 350° F. about 1 hour, basting every 15 minutes.

This recipe can be converted easily for crockpot cooking. Use $\frac{1}{2}$ the amount of liquid and cook on low approximately 8 hours.

BARBECUED SPARE RIBS

— Mrs. Elmer (Glenda) MacLean

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|------------------------------|---------------------------|
| 4 lbs. spare ribs | 1 tsp. salt |
| 1 lemon sliced | few drops Tabasco sauce |
| 1 onion sliced | $1\frac{3}{4}$ cups water |
| 1 cup ketchup | 1 Tbsp. chili powder |
| 4 Tbsp. Worcestershire Sauce | $\frac{1}{4}$ cup water |

Preheat oven to 450° F. Wipe ribs with damp cloth, and cut down with sharp knife. Arrange in pan with fat side down and arrange lemon and onion slices on top of meat. Roast $\frac{1}{2}$ hour. Combine ketchup, sauce, salt, Tabasco and $1\frac{3}{4}$ cups water. Mix chili powder with $\frac{1}{4}$ cup water and add. Bring to boil and pour over ribs. Roast 45 minutes longer basting frequently.

SWEET AND SOUR SPARE RIBS

— Mrs. Barrie (Gail) Metcalfe

2 pounds spare ribs separated and cut in half

Sauce:

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|--------------------|--------------------------|
| 1 cup white sugar | 1 tsp. soya sauce |
| 2 cups water | 3 tsp. cornstarch |
| 2 tsp. vinegar | $\frac{1}{2}$ cup catsup |
| 1 tsp. dry mustard | salt and pepper to taste |

Brown ribs. Bring sauce to boil. Simmer ribs in sauce 1 - $1\frac{1}{2}$ hours.

Add zest to your meat loaf with a dash or more of powdered allspice.

SWEET AND SOUR PORK

— Mrs. Rudy (Charlene) Gillespie

1½ pounds pork
¼ cup water
1 small onion chopped
2 Tbsp. cornstarch
½ tsp. salt

¼ cup brown sugar
¼ cup vinegar
1 19-oz. tin pineapple chunks
1 Tbsp. soya sauce

Cut pork in cubes and brown in oil. Add water and simmer ½ hour. Mix together in bowl chopped onion, cornstarch, salt, brown sugar, vinegar, juice from pineapple and soya sauce. Add slowly to meat. Stir constantly until thickened. Add pineapple chunks. Stir and keep warm for 10 minutes. Serve on rice.

SWISS STEAK

— Mrs. Willard (Nelda) Murray

(Crock pot recipe)

Large round steak
1 can tomatoes
1 onion, diced
1 cup celery, diced

1 can mushrooms and juice,
sliced or whole
1 large carrot, shredded
salt and pepper

Cut the round steak in pieces. Fry in pan until brown on both sides. Put rest of ingredients in crockpot (or large baking dish). Add the browned meat. Mix until meat is well covered. Cook all day in crock pot or at 275° F. in oven for 4-5 hours depending on toughness of meat used.

POTTED MEAT (An Old Christmas recipe) — Mrs. Malcolm (Anita) Allan

3 pork hocks
2 lbs. stewing beef
(off the shank portion)

salt and pepper
2 tsp. whole mixed pickling spice

Wash meats. Put into soup kettle, cover with cold water. Bring to boiling point and simmer gently for 3 hours. Remove and drain meat and put it through meat chopper. Set aside. Boil bones as long as necessary to extract gelatin. Strain. Add spices tied in cheesecloth bag, and continue cooking until liquid is reduced to one half original amount. Lift out spices, return meat to kettle and add salt and pepper to taste. Mix thoroughly. Turn mixture into bowls which have been wet with cold water. Chill until firm. Serve sliced.

DIRECTIONS FOR COOKING LOBSTER AND CLAMS

Lobster: Fill a deep container with water (enough to cover lobster to be cooked). For each quart of water add ¼ cup salt. Bring water to a rapid boil, then grasping lobster behind head with tongs, plunge them into water. Cover container. Allow water to return to a gentle boil. Cook lobster 20 minutes from time of plunging into water. Cool lobsters quickly under cold water and drain.

Clams: Wash clams thoroughly to remove sand. Allow to stand overnight if possible so that clams may spit out excess sand. Put in deep pot with only liquid that drains from clams and steam approximately 10 minutes or until shells pop open. Drain and save juice. Remove clams from shells and rinse in reserved juice and serve hot with melted butter.

To make the juiciest hamburgers, add ½ cup applesauce for each pound of meat, add salt and pepper, shape into patties and cook as usual.

DIRECTIONS FOR COOKING MACKEREL AND FILLETS

Mackerel: Remove head and tail and clean fish thoroughly and rinse in cold salted water. Cut fish into serving pieces and roll in flour which has been seasoned with salt and pepper. Fry in hot fry pan with small amount of fat or cooking oil. Brown on both sides.

Fillets (Cod or Haddock): Cut fillets into desired size serving pieces. Beat 1 egg well and add salt and pepper to season. Dip fillet pieces into egg and roll in crushed cracker crumbs and fry in hot fry pan in small amount of fat or cooking oil. (Electric pan: 380 degrees). Brown till golden color on both sides.

GOLDEN RULES FOR PAN-FRYING FISH — Mrs. Fred (Earla) Oakes

Of all the ways of cooking fish, pan-frying is the most frequently used and abused method. Done properly, it is an excellent way of cooking small whole fish, fish fillets, and fish steaks. Before cooking by this method, frozen products must be thawed.

For frying, choose a fat which may be heated to a high temperature without danger of smoking. Vegetable oils and shortenings are preferable to animal fats on this account. Using a heavy pan, heat sufficient fat in it to come about half way up the sides of the fish.

It is important to have the fat very hot but not smoking before you add the fish. If it is too cool, the fish will absorb it, take longer to cook, and be greasy. If it is too hot, the surface will burn before the center is cooked. For pans with a temperature control, the right heat is 375° F. - 380° F.

The general procedure is to dip the fish in a liquid, then coat it with a breading. If a crisp crust is desired, dip and coat the fish twice. Place it in the hot fat, taking care not to overload the pan and thus cool the fat. Fry until brown on one side, turn and brown on the other side. The cooking time will vary with the thickness of the fish. In general, allow about 10 minutes cooking time per inch thickness. When cooked, drain the fish and serve immediately while hot, crisp, and delectable.

OVEN MAGIC 10-MINUTE RULE

Measure thickness of fish — fillets, steaks, or whole fish — at thickest part. Then, for cooking time, allow 10 minutes per inch thickness for fresh or thawed fish. Allow 20 minutes per inch thickness for frozen fish. Do not thaw frozen fish before baking except when necessary for easy handling. Bake in a very hot oven at 450° F. Bake until just done. **DO NOT OVER COOK.** Fish is done when it becomes opaque, looks milky, flakes readily and pierces easily with a fork. The flesh of fish has little connective tissue and does not need long cooking. Serve fish immediately while still hot, tender and juicy.

CLAM CHOWDER

— Mrs. Arthur (Emily) Johnson

Strain juice from one can of baby clams. Add medium size potato diced and ¼ of medium onion chopped. Bring to a boil in clam juice and simmer about 4 minutes until potato and onion are cooked. Add strained clams, two cups of milk, large chunk of butter, salt and pepper to taste. Heat to boiling point and serve. (Make sure not to let chowder boil). Serves three. Can be reheated. Double or triple recipe as needed.

Cooked fresh clams and juice may be used in place of canned clams.

Add paprika to the flour in which you roll chicken before cooking. This will add an attractive rosy tinge to the brown.

CHEEZY MACKEREL FILLETS

— Mrs. Arthur (Emily) Johnson

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| 4 - 6 mackerel fillets | ½ cup milk |
| salt | 1 cup grated cheese |
| pepper | ½ cup bread crumbs |
| 1 Tbsp. chopped onion | Parsley |

Lay the fillets in a greased casserole dish and season with salt and pepper. Add the chopped onion to the milk and pour over the fish. Top with the mixture of grated cheese and bread crumbs. Sprinkle with parsley and bake in a 450° F. oven for 10 - 12 minutes. Serve with lemon slices.

COD CHOWDER

— Mrs. Malcolm (Anita) Allan

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| ¼ cup diced salt pork | 3 cups milk |
| ½ cup thinly sliced onion | 2 Tbsp. butter |
| 2 large potatoes diced | 2 Tbsp. flour |
| 1 tsp. salt and 1 tsp. pepper | Paprika |
| 1 pound fresh or frozen cod or haddock cut in pieces | |

Cook the salt pork until light brown and almost crisp. Add onion, and cook for five minutes. Combine pork, onions, potatoes, salt, pepper and 2 cups hot water in cooker. Cover and cook.

Add fish, milk and butter and flour. Cover and cook for 30 minutes until hot and almost bubbling, but not boiling. Serve in warm bowls with a dash of paprika.

CODFISH CAKES OR BALLS

— Mrs. Elmer (Edith) Brown

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|------------------------|----------------------|
| 1 pound salted codfish | ¼ tsp. pepper |
| 4 cups potatoes | 1 Tbsp. grated onion |
| 3 Tbsp. butter | 2 eggs beaten |

Cook fish until tender — bone and flake. Mash potatoes, let cool and add to fish. Add butter, pepper, grated onion and eggs. Shape in balls and fry in a small amount of fat in frying pan. Brown both sides well.

HERB BAKED FISH

— Mrs. Raymond (Karen) Campbell

Thaw 1 pound frozen haddock, halibut, or cod fillets. Place in 10 x 6 x 1½ pan. Dot with 1 tablespoon butter.

Thoroughly blend 1 cup milk and 2 Tbsp. all purpose flour. Cook over medium heat, stirring constantly, until sauce thickens and bubbles. Cook and stir one minute longer. Stir in ¼ tsp. salt, ¼ tsp. garlic salt, ⅛ tsp. pepper, ⅛ tsp. dried thyme, crushed, dash dried oregano, and ¼ cup chopped green onion. Pour sauce over fish. Sprinkle lightly with paprika. Bake, uncovered at 350° F. for 20 - 25 minutes. Makes 4 servings.

Sprinkle fine salt in frying pan when frying fish and it will not stick to the pan.

For choosing meats, a guide to quality is to remember that good meat has a fresh odor, fine grain, firm velvety muscle and no dark or dry edges. Intermingling of fat with lean, known as marbling indicates tenderness and rich flavor.

FISH CHOWDER

— Mrs. Frank (Dorothy) Lewis

About 1 hour before meal time, dice $\frac{1}{2}$ pound bacon. Fry slightly in saucepan. Chop and add:

2 - 3 stalks celery	1 - 2 carrots
1 medium onion	$1\frac{1}{2}$ tsp. salt
1 green pepper	$\frac{1}{8}$ tsp. pepper
1 can mushrooms	$\frac{1}{2}$ tsp. basil
2 - 3 potatoes	$\frac{1}{2}$ tsp. thyme

Add water until vegetables float. Simmer until vegetables are partially cooked. Add 1 pound fish (haddock, cod, clams or scallops). Simmer until fish and vegetables are cooked. Add 1 can evaporated milk and crackers crumbled to thicken to desired consistency. Heat to boiling and serve.

BUBBLY BAKE SCALLOPS

— Mrs. Reuben (Pat) Watts

1 lb. scallops	$\frac{1}{4}$ cup butter
$\frac{1}{2}$ tsp. salt	$\frac{1}{4}$ cup flour
2 Tbsp. butter	1 tsp. salt
$\frac{1}{2}$ cup chopped onion	2 cups milk
$1\frac{1}{2}$ cups chopped celery	a few bread crumbs
1 cup sliced mushrooms	2 Tbsp. melted butter
1 cup sliced green pepper	$\frac{1}{4}$ cup grated cheese

Separate scallops, sprinkle with salt. Melt butter and panfry onions, celery, mushrooms, and peppers for 10 minutes. Make sauce with butter, salt and flour and milk; when thickened, add fish and vegetables. Mix well, put in 2-quart casserole and top with cheese and bread crumbs and melted butter. Set oven to 375° F. Bake 20 minutes until sauce shows signs of bubbling.

CHINESE CHICKEN WINGS

— M. Rose Watts

Sauce:

3 Tbsp. cooking oil	1 Tbsp. lemon juice
1 Tbsp. soya sauce	$\frac{1}{4}$ tsp. garlic salt

Brush sauce on chicken wings. Sprinkle with salt and pepper. Bake as chicken, basting occasionally. Turn. Sauce can be brushed on wings and left a few hours to marinate in refrigerator if desired.

To conserve energy these can be done in quantity and frozen until needed.

They may be served hot or cold. Good as a before dinner appetizer.

OVEN FRIED CHICKEN

— Mrs. Allison (Velma) Lewis

2 chicken breasts halved	$\frac{1}{2}$ tsp. paprika
$\frac{1}{4}$ cup flour	3 Tbsp. margarine
$\frac{1}{4}$ tsp. salt	Parsley sprigs for garnish
$\frac{1}{8}$ tsp. pepper	(optional)

Shake chicken in mixture of flour and seasonings in plastic bag until well coated. Put margarine in shallow baking pan. Melt in 400° F. oven. Add chicken and turn to coat with margarine. Bake skin side down 30 minutes. Turn, bake 30 minutes longer or until tender. Makes 4 servings.

CELEBRATION CHICKEN

— Mrs. Allison (Velma) Lewis

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|------------------------------|-------------------|
| 2½ - 3 lbs. cut up chicken | ¼ cup brown sugar |
| 1 envelope of onion soup mix | ¼ cup water |
| ½ cup ketchup | |

Mix last four ingredients and pour over chicken. Cover and bake at 375° F. for 1 hour.

CHINESE CHICKEN AND CELERY

— Mrs. Arthur (Emily) Johnson

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|--|--|
| 3 whole chicken breasts, skinned,
boned and split | 1 cup thinly sliced carrots |
| 3 Tbsp. cornstarch, divided | 1 cup sliced green onions |
| ¼ tsp. ground black pepper | 1 chicken bouillon cube |
| 7 tsp. soya sauce, divided | ½ cup boiling water |
| 5 Tbsp. oil, divided | 1 (1 pound) can bean sprouts,
undrained |
| 6 cups thinly sliced celery | ½ tsp. ginger |

Cut chicken breast into 1 inch chunks. Place in medium sized bowl. Sprinkle with 1 tsp. cornstarch, black pepper and 1 tsp. soya sauce. Toss to coat chicken completely. In very large skillet or wok, heat 3 Tbsp. oil until hot. Add chicken a few pieces at a time. Brown on all sides. Remove and set aside.

Add remaining 2 Tbsp. oil. Heat until hot. Add celery, carrots and onions. Sauté for 5 minutes. Dissolve bouillon cube in boiling water. Add to skillet for one minute. Blend 2 Tbsp. plus 2 tsp. cornstarch with 2 Tbsp. soya sauce and ½ tsp. ginger. Stir in a little of the liquid from skillet. Then blend into skillet. Cook and stir until mixture boils and thickens. Return chicken to skillet. Simmer covered for 5 minutes. Do not over-cook. Serve immediately with cooked rice. Makes 6 servings.

CURRIED CHICKEN

— Frances Vessey

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|-------------------------------|----------------------|
| ¾ cup white sugar | ¾ tsp. curry powder |
| 1 tsp. dry mustard | ¼ cup tomato ketchup |
| 1 tsp. paprika | 4 - 5 pieces chicken |
| ½ tsp. garlic salt and pepper | |

Mix all ingredients together and bring to a boil. Spread over chicken. Bake two hours in 325° F. oven. This is also good on pork chops. This keeps well in a bottle in fridge.

BAKED CHICKEN

— Mrs. Richard (Dorothy) Vessey

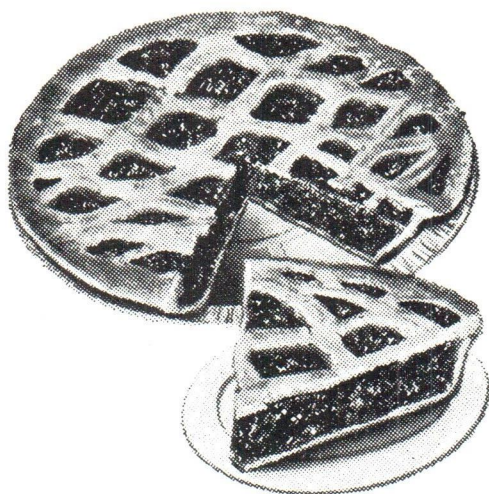
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| ½ cup vegetable oil | 2 cups finely crushed cornflakes |
| 1 tsp. paprika | 1 tsp. salt |
| 1 tsp. barbecue spice | ½ tsp. pepper |

Mix last five ingredients together. Cut up chicken. Dip in oil and roll in spiced crumbs. Place in baking pan and cook in 350° F. oven for 1 - 1½ hours.

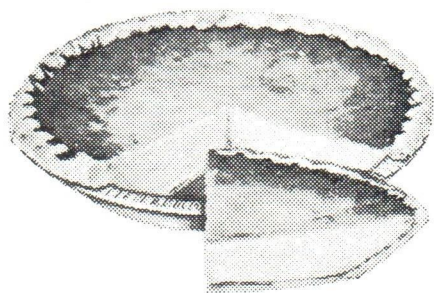
MEAT SAUCE

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| 1 cup grape jelly | 1 cup tomato catsup |
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Melt over low heat and serve over any cooked meat such as, meat balls, pork chops, cold sliced pork, chicken, etc.



Pies and Pastry



APPLE PIE

— Mrs. Walter (Wanda) Mallett

4 cups sliced apples
1 cup sugar, white
3 Tbsp. flour

1 Tbsp. butter
 $\frac{1}{2}$ tsp. cinnamon (optional)

Combine apples, sugar and flour. Place in large pastry lined pie plate. Dot with butter. Cover with top crust. Bake 400° F. for 10 minutes, then 350° F. for 30 - 40 minutes or until apples are tender **Or:** Line a large pie plate with pastry and fill evenly with sliced apples. Mix together sugar, flour and spices and sprinkle evenly over apples. Dot with butter and cover with top crust. Bake as above.

FRESH RHUBARB PIE

— Mrs. Walter (Wanda) Mallett

3 cups rhubarb, cut up
1 cup white sugar
2 Tbsp. flour

2 eggs, well beaten
1 Tbsp. butter

Combine sugar, flour, add to well beaten eggs. Mix well and stir in rhubarb. Pour into pastry lined pie plate. Dot with butter and cover with pastry. Bake 375° F. oven for 15 minutes. Reduce heat to 350° F. and bake another 30 minutes, or until well done.

FRESH BERRY PIE (BLUEBERRY, RASPBERRY, ETC.)

— Mrs. Gordon (Ethel) Vessey

You may use strawberries, blueberries or raspberries. You will need about 4 cups of prepared fruit for a 9 inch pie. Preheat oven to 375° F. Prepare pastry — line a 9 inch pie plate with rolled pastry. Roll out top crust and make slits in the centre.

Prepare — 4 cups berries (wash and drain)

Combine — $\frac{3}{4}$ - 1 cup white sugar (depending on tartness of berry)

2 Tbsp. cornstarch

$\frac{1}{8}$ tsp. salt

Place berries in the pastry lined pie plate, adding the above sugar mixture. Dot with 1 Tbsp. butter or margarine. Moisten edge of pastry. Place top crust in position, seal edge and flute. Bake in preheated oven for about 40 - 50 minutes.

SCHNITZ APPLE PIE

— Mrs. Harry (Florence) Lewis

1 9-inch unbaked pie shell
5 cups peeled, cored apples in quarters
2 Tbsp. flour

$\frac{3}{4}$ cup granulated sugar
1 cup commercial sour cream
 $\frac{1}{4}$ cup firmly packed brown sugar

Arrange apple pieces in unbaked shell. Combine flour, sugar and sour cream. Pour over apples. Bake 425° F oven for 15 minutes. Reduce heat to 350° F. and bake 35 minutes more or until apples are tender and filling set. Sprinkle top with brown sugar and return to oven until sugar is melted. Serve warm. Delicious.

Add a pinch of baking soda to meringue when beating. Meringue will then stand in stiffer peaks for a more attractive pie.

Egg whites will beat to stiffer peaks if allowed to warm to room temperature before beating.

FILLING FOR BANANA CREAM PIE — Mrs. Wendell (Joyce) MacQuarrie

2 cups milk	pinch salt
$\frac{3}{4}$ cup white sugar	1 tsp. vanilla
$\frac{1}{3}$ cup flour	2 egg yolks

Mix above ingredients with about $\frac{1}{4}$ cup of milk. Heat the remaining milk in a saucepan and add the above mixture. Add 1 - 2 Tbsp. butter. Keep on heat until it thickens. Stir constantly. (Mix flour with sugar before adding to the milk to prevent lumps). Add sliced bananas as desired.

STRAWBERRY CHIFFON PIE — Mrs. Irwin (Bea) Campbell

$1\frac{1}{2}$ cups strawberries	$\frac{1}{2}$ cup white sugar
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Wash and hull strawberries. Save a few whole berries for garnish. Slice the remainder and cover with sugar. Let stand $\frac{1}{2}$ hour.

Mix the following in a saucepan:

1 envelope gelatine (1 Tbsp.)	1 Tbsp. lemon juice
$\frac{1}{4}$ cup white sugar	$\frac{1}{8}$ tsp. salt
$\frac{3}{4}$ cup water	

Cook and stir over low heat until the gelatine dissolves. Add the berries and sugar mixture, stir well and chill until mixture begins to thicken. Don't allow it to become too thick.

Beat 2 egg whites stiff and fold in along with $\frac{1}{2}$ cup heavy cream, whipped (the cream may be omitted if you wish). The cream makes a richer pie. Pour mixture into 9 inch baked pie shell and refrigerate. Garnish with whole strawberries.

PEACH PIE — Mrs. Arthur (Emily) Johnson

10 peaches (4 or 5 cups when sliced)	$\frac{3}{4}$ cup sugar
2 Tbsp. minute tapioca	1 tsp. lemon juice
	$\frac{1}{2}$ tsp. almond extract

Scald peaches in boiling water one minute. Peel and slice, removing stones. Mix into remaining filling ingredients. Pour into pastry lined pie plate. Roll out remaining pastry to fit, gash center fold and carefully transfer to cover peaches. Seal and flute edge. Brush top with mixture of 1 Tbsp. each of milk and sugar. Bake at 425° F. for 10 minutes, reduce to 350° F. for 30 minutes. Bake 40 minutes in all or until syrup begins to bubble through the gashes. Cool before cutting.

GLAZED STRAWBERRY PIE — Mrs. Fred (Earla) Oakes

One baked and cooled 9 inch pie shell	$\frac{3}{4}$ cup sugar
3 pints fresh strawberries	$\frac{1}{8}$ tsp. salt
2 Tbsp. cornstarch	1 tsp. lemon juice
	1 Tbsp. butter

Wash and hull berries. Crush sufficient berries to yield $1\frac{1}{2}$ cups. Combine cornstarch, sugar and salt in small saucepan, blend in crushed berries. Cook over medium heat stirring constantly, until smoothly thickened. Cover and cook over slow heat, stirring occasionally for 5 minutes. Stir in lemon juice and butter. Arrange remaining strawberries in pie shell. Spoon hot glaze over berries. Chill. Top with whipped cream.

MOCK CHERRY PIE FILLING

— Mrs. Harry (Doris) Birt

1½ cups cranberries
 1½ cups seedless raisins
 1½ cups white sugar
 1½ cups hot water

3 Tbsp. cornstarch
 ¼ cup water
 almond and vanilla flavoring

Combine and cook for 10 - 15 minutes. Thicken mixture with 3 Tbsp. cornstarch and ¼ cup water. Add a few drops of almond flavoring and 1 tsp. vanilla. This makes a large pie or an 8 x 8 square.

CRANBERRY PIE

— Mrs. Lowell (Mary Lou) Vessey

Crust:

6 Tbsp. melted butter 1¼ cup graham wafers (crushed)

Mix together and press in pie or cake pan: chill.

Cream: 1 8-oz. package Philadelphia cream cheese (softened)

Add:

¼ cup white sugar 1 tsp. vanilla

Mix together and then add 1 can whole (not jellied) cranberry sauce with spatula. Whip 1 cup whipping cream, then fold in above mixture. Put on top of graham wafers and place in freezer. Fifteen minutes before serving remove from freezer and place in fridge.

IMPOSSIBLE PIE

— Mrs. Minto (Vina) Foster

4 eggs
 ½ cup margarine
 ½ cup flour
 1 cup sugar

2 cups milk
 1 cup coconut
 2 tsp. vanilla

Blend all ingredients well in a blender for a few seconds until well mixed. Pour mixture into a 10 inch greased pie tin. Bake at 350° F. for approximately 1 hour, until the center tests firm.

The flour will settle to form the crust, the coconut forms the topping, and the center is an egg custard filling.

Very good, simple and economical.

FLUFFY PUMPKIN PIE

— Mrs. Bill (Anne) Crockett

Pastry for a one-crust 9 inch pie.

2 cups cooked and strained
 pumpkin
 1 cup milk
 3 egg yolks, beaten
 1 cup sugar

1 tsp. vanilla
 ½ tsp. cinnamon
 ⅛ tsp. cloves
 ⅛ tsp. nutmeg
 3 egg whites, beaten stiff

Mix the pumpkin and milk, beaten egg yolks, then the sugar mixed with the spices, salt and vanilla. Fold in the stiffly beaten egg whites, pour the mixture into the unbaked pie shell and bake about 45 minutes in a 350° oven. Serve plain or with whipped cream or ice cream.

RITZ CRACKER APPLE PIE (No apples needed)

— Mrs. Reuben (Pat) Watts

Pastry for two crust 9 inch pie	2 tsp. cream of tartar
20 Ritz crackers	1 tsp. cinnamon
2 cups water	¼ tsp. nutmeg (optional)
1¼ cups white sugar	Butter

Roll out bottom crust of pastry and fit into 9 inch pie plate. Combine water, sugar, cream of tartar and bring to boil. Drop in Ritz crackers whole and keep boiling until transparent (8 - 10 minutes). Pour mixture into unbaked pie shell. Sprinkle with cinnamon and nutmeg. Dot with butter. Cover with top crust, trim and flute edges together. Cut slits in top to let steam escape. Bake in hot oven (425° F.) 30 to 35 minutes. Serve warm. Makes 6 - 8 servings.

MINCEMEAT - PUMPKIN PIE

— Mrs. Nelson (Sharon) Vessey

Pastry:

1 cup lard or shortening	½ cup boiling water
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Blend: 1 tsp salt and 2½ cups flour

Combine well. Roll out on well floured surface. Should make 5 pie shells.

Pie:

1½ cups pumpkin or squash, cooked	1 tsp. cinnamon
1 Tbsp. flour	⅛ tsp. nutmeg
1 cup white sugar	¼ tsp. salt
1 tsp. ginger	3 eggs, well beaten
	½ cup milk

Mix pumpkin, flour, sugar, spices and salt together. Beat eggs, add milk and stir all well together.

Line 2 9-inch pie plates with pastry. Then spread a layer of mincemeat over the uncooked pastry. Pour in the pumpkin filling to fill pastry. Bake at 350° F. until pumpkin filling is firm (approx. 50 minutes). The combination of the two flavors of mincemeat and pumpkin is a real taste treat.

PUMPKIN PIE

— Mrs. Harold (Myra) Watts

1 cup cooked pumpkin	½ tsp. nutmeg
¾ cup brown sugar	½ tsp. ginger
1 cup milk	1 tsp. vanilla
3 eggs, well beaten	3 drops maple flavouring
½ tsp. salt	(no more)
Unbaked pie shell	

Beat well. Bake in 350° F. oven until crust is golden brown and filling firm (about 1 hour). Serve cold with whipped cream.

When adding eggs to hot mixture, always blend a few spoonfuls of hot mixture into the egg, then stir into remaining hot mixture. Egg will blend more evenly and won't lump or curdle.

When beating egg whites add one teaspoon of cold water for each egg white before beating this will double the quantity.

LEMON PIE FILLING

— Mrs. Aubrey (Helen) Ready

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|-------------------------------------|-----------------------|
| 1 cup sugar | 2 Tbsp. cornstarch |
| Grated rind and juice of 1
lemon | 2 egg yolks |
| | 1½ cups boiling water |

Cook in double boiler until thick and put in baked pastry shell or graham wafer crust. Beat egg whites stiff and add 4 Tbsp. sugar for meringue. Bake about 20 minutes to brown meringue.

SUGAR PIE

— Mrs. Richard (Dorothy) Vessey

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| 1½ cups brown sugar | 1 egg, beaten |
| 1 cup evaporated milk | ½ tsp. vanilla |
| 1 Tbsp. flour | |

Mix brown sugar, milk and flour and bring to a boil. Let boil 5 minutes, stirring continuously. Remove from heat and add beaten egg. Put in uncooked pie crust and cook in a 400° F. oven for 10 minutes, then at 350° F. for 30 minutes.

ONE CRUST APPLE PIE

— Eleanor Jewell

Pare and cut into slices 4 - 5 apples.

Prepare the following filling and pour over apples and toss to coat well:

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| ¾ cup sugar | 1 tsp. cinnamon |
| 2 Tbsp. flour | 2 tsp. lemon juice |
| ½ tsp. nutmeg | |

Topping:

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| ½ cup sugar | ½ cup butter |
| ½ cup flour | |

Blend together and sprinkle over apples to cover the top. Bake in 350° F. oven till golden brown and apples are cooked.

FRESH STRAWBERRY PIE

— Mrs. Bev. (Shirley) Simpson

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|---------------------------------|--------------------|
| Pastry for 9 inch two crust pie | 1 cup white sugar |
| 3 cups fresh strawberries | 3 Tbsp. cornstarch |

Wash and hull berries. Slice larger ones in half. Place prepared berries in 9 inch uncooked pie shell.

Mix together well the sugar and cornstarch. Sprinkle evenly over the berries. Place top pastry over berries moistening edges to seal pastry together. Brush pastry with small amount of milk. This helps it brown and gives it a glossy look. Make several small slits in top pastry to allow air to escape. Bake at 350° F. till berries are tender and filling appears to bubble up in slits and crust is lightly browned. Do not overcook as the pie will boil over very easily.

PIE PASTRY

— Frances Vessey

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| 6 cups all purpose flour | 1 tsp. salt |
| 1 tsp. baking powder | 1 lb. lard or shortening |

Blend all ingredients together well. Store in covered container in cupboard. To make pie shells, take the desired amount of mix and add enough cold water to make a soft dough. Roll to desired size to fit pie plate.

REFRIGERATOR PASTRY

— Mrs. Gordon (Ethel) Vessey

Blend together:

6 cups flour
1 Tbsp. salt1 pound shortening or lard
1 cup cold water

Mix together and form into a ball. Wrap securely. Store in refrigerator. Will keep about 4 - 5 weeks. Yields about 6 shells.

NEVER FAIL PASTRY

— Mrs. Albert (Marion) Holmes

½ lb. shortening
¼ cup butter
1 tsp. salt3 cups flour
½ cup cold water

Cream butter and shortening thoroughly in mixer. Stir salt and flour together and add gradually to creamed mixture, creaming well. Add water and mix thoroughly. Mixture will be sticky at first. Pastry will keep, if well wrapped, in fridge for 2 weeks. Let soften at room temperature.

MERINGUE

— Mrs. Frank (Dorothy) Lewis

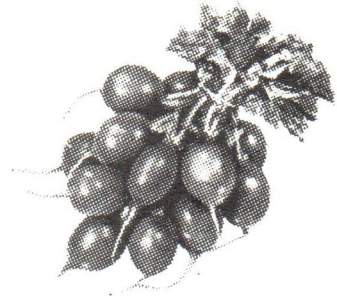
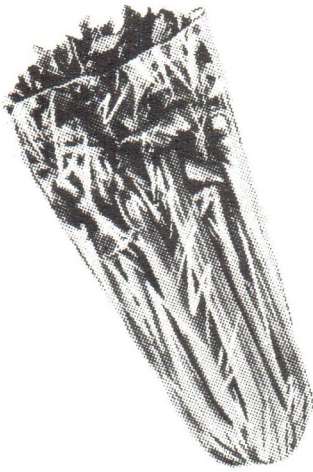
2 egg whites
6 Tbsp. sugardash of salt
¼ tsp. cream of tartar

Beat egg whites till stiff but not dry. Add the cream of tartar and salt. Beat slightly. Add sugar slowly while beating. (Use 3 Tbsp. sugar per egg white). Continue beating until sugar is dissolved. Bake slowly in moderate oven until browned evenly. When almost done open oven door slightly and cool slowly in oven. Keep from drafts until cooled.

This method of making meringue prevents the forming of syrup bubbles on meringue and syrup underneath.

Roll pastry or cookie dough on as lightly-floured a board as possible. Rolling excess flour into a dough makes a tough product.

Cooking custards or pumpkin pie at too high a temperature results in the custard weeping. The protein in the milk and eggs shrinks and forces out the liquid.



Salads
and
Salad Dressings



JELLIED SALAD

— Mrs. Roland (Dora) Buntain

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|----------------------------|-------------------------|
| 1 pkg. lemon jello (3 oz.) | 1 cup crushed pineapple |
| 1½ cups hot water | 1 cup grated carrots |
| ½ cup pineapple juice | ½ cup finely cut celery |
| ½ tsp. salt | |

Mix well and pour into mold. Put in refrigerator until set.

HAM SLAW

— Mrs. Jack (Marlene) Andrews

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|----------------------------|-------------------|
| 4 cups shredded cabbage | ¼ cup diced onion |
| 2 cups chopped ham | coleslaw dressing |
| ½ cup chopped green pepper | |

Combine cabbage, ham, green pepper and onion with enough dressing to moisten, tossing lightly.

PICKLED COLE SLAW

— Mrs. Wendell (Joyce) MacQuarrie

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| 1 large cabbage, finely shredded | 2 tsp. prepared mustard |
| 2 large onions, thinly sliced | ¼ cup sugar |
| ¾ cup sugar | 3 tsp. celery seed |
| 1 tsp. salt | ¾ cup salad oil |
| 1 cup vinegar | |

Toss cabbage, onion, ¾ cup sugar and salt together. Let stand while making dressing. Mix vinegar, mustard, ¼ cup sugar and celery seed together in a saucepan and bring to a boil. Add salad oil and, when mixture is bubbling, pour over the cabbage mixture. Stir and then chill overnight. Will keep in refrigerator for several weeks. May be served in place of a salad with casserole dishes, fish and chips, or hamburgers. Makes about 20 or more servings.

COTTAGE CHEESE SALAD

— Mrs. Louis (Letha) Vessey

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| 1 - lb. carton cottage cheese (small curd) | ½ of 19-oz. tin of crushed pineapple (drain well) |
| 1 pkg. (3-oz.) orange jell-o powder | 1 small container of Kool Whip |

Put cottage cheese in bowl. Add the dry jelly powder to it. Add pineapple. Fold in the Kool Whip. Pour into mold and keep in refrigerator.

FRUIT SALAD

— Mrs. Irwin (Bea) Campbell

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| 1 10-oz. can mandarin oranges | 1 14-oz. can pineapple tidbits or fruit cocktail |
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Drain the above overnight.

Next day, mix with the following:

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| 1½ cups miniature colored marshmallows | 1 cup sweetened dessicated coconut |
| | 1 container dairy sour cream |

Place in mold and refrigerate for 6 - 8 hours.

Dark rings around the yolk of hard cooked eggs are caused by cooking too long or at too high a temperature. Always chill rapidly.

SPECIAL PARTY SALAD

— Mrs. Willard (Nelda) Murray

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| 2 pkgs. lemon gelatine
(3 oz. size) | $\frac{1}{2}$ pint whipping cream |
| 1 19-oz. can crushed pineapple | $\frac{1}{2}$ cup diced carrot |
| 1 8-oz. pkg. Philadelphia
cream cheese | 1 cup diced celery |
| | $\frac{1}{3}$ cup chopped walnuts |
| | 1 can chicken (or home cooked) |

Drain crushed pineapple and add two cups boiling water in which you have dissolved the 2 pkgs. lemon-flavored gelatine. While still hot, add the cream cheese which should be well softened previously. Mix well, until cheese is dissolved. Put mixture aside to cool until beginning to set. Whip the cream and fold into the jelly mixture. Add the crushed pineapple, finely diced or shredded carrot, celery, walnuts and finely cut pieces of chicken meat. Put in molds to complete set.

VEGETABLE JELLIED SALAD

— Mrs. Harry (Doris) Birt

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| 3 envelopes gelatine | 2 Tbsp. lemon juice |
| $1\frac{1}{2}$ cups cold water | $1\frac{1}{2}$ cups shredded cabbage |
| 1 tsp. salt | 1 cup grated carrot |
| $\frac{1}{3}$ cup vinegar | $\frac{1}{2}$ cup diced green pepper |
| $\frac{1}{2}$ cup white sugar | $1\frac{1}{2}$ cups chopped celery |
| 1 cup salad dressing | 2 pimentos chopped finely |
| $\frac{1}{2}$ cup ice water | |

Sprinkle gelatine on water in saucepan. Stir over low heat for approximately 3 minutes. (Do not boil). Remove from heat, stir in sugar, salt, and add ice water. Blend vinegar, lemon juice and salad dressing. Stir into gelatine mixture. Chill. Add vegetables and pour into mold. Makes a large salad.

CRANBERRY ORANGE SALAD

— Mrs. Malcolm (Anita) Allan

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| 1 pkg. raspberry gelatine | $\frac{1}{2}$ cup chopped walnuts |
| 1 cup hot water | 2 tsp. grated orange rind |
| $\frac{1}{2}$ cup cold water | |
| 1 14-oz. can jellied cranberry
sauce, or mashed or fresh
cranberries | |

Dissolve gelatine in the hot water. Add the cold water. Chill in fridge until partly thickened. Fold in cranberry sauce, orange rind and chopped nuts. Pour into large mold or small individual molds. Chill until firm. Serves 6.

MOLDED WALDORF SALAD

— Mrs. Donald (Irene) Crockett

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| 1 3-oz. pkg. lemon flavored
gelatine | $\frac{1}{4}$ tsp. salt |
| 1 cup hot water | $\frac{1}{4}$ cup Miracle Whip salad
dressing |
| 1 cup cold water | 1 cup diced celery |
| 1 Tbsp. vinegar | $1\frac{1}{2}$ cups diced unpeeled red apples |

Dissolve gelatine in hot water then add the cold water, vinegar and salt. Add to the salad dressing and blend well. Chill. When partially thickened, stir in the diced apples and celery. Pour into one-quart mold. Chill until firm. At serving time, unmold onto serving plate on lettuce leaves and garnish with apple slices which have been dipped in lemon juice.

Before pouring a jellied salad into the mold, fill the mold with cold water until ready to use. This prevents salad from sticking to mold.

JELLIED SALAD

— Mrs. Frank (Gertrude) Vessey

- 1 pkg. lime jell-o
- 1 pkg. Dream Whip

- 1 can mandarin oranges
- $\frac{1}{2}$ cup diced celery

Dissolve the jell-o powder in 1 cup boiling water. Add the juice from the oranges. Let stand until thickened. Prepare the Dream Whip and fold into the jell-o along with the diced celery and orange sections. Pour into molds and allow to set firmly.

CREAM CHEESE JELL-O SALAD

— Mrs. Bernard (Susan) Pepin

- 1 pkg. (3 oz.) lemon jell-o
- 2 Tbsp. lemon juice
- $1\frac{2}{3}$ cup boiling water
- 1 pkg. cream cheese, softened

- 1 cup diced pineapple
- $\frac{1}{2}$ cup diced celery
- $\frac{1}{3}$ cup chopped nuts

Dissolve jell-o powder in the boiling water and add the lemon juice. Chill. When partially set, add cream cheese to half the mixture. Beat thoroughly, then place in bottom of mold. Chill. While this is setting, prepare the rest of mixture by adding the pineapple, celery and nuts. When the cream cheese mixture is well set, pour the second mixture over it. Return to chill until firm.

PINEAPPLE AND CELERY SALAD

— Mrs. Reuben (Pat) Watts

- 1 pkg. lemon or lime jell-o
- 1 cup boiling water
- 1 14-oz. can crushed pineapple
- $\frac{3}{4}$ can pimento (optional)
- $\frac{1}{2}$ cup chopped celery

- 1 8-oz. pkg. Philadelphia cream cheese, softened
- $\frac{1}{2}$ cup chopped nuts
- $\frac{1}{4}$ cup cherries
- 1 cup whipped cream

Dissolve the jell-o in the water. Add pineapple, pimento and celery. When partially set, add the cream cheese, nuts and cherries. Fold in the whipped cream. Put in mold and chill.

AMBROSIA SALAD

— Mrs. Dewar (Grace) Swan

- 1 cup sour cream
- 1 tin mandarin oranges (drained)

- 1 cup crushed pineapple (drained)
- 1 cup coconut
- 1 cup miniature marshmallows

Mix all together and pour into bowl. Let stand in fridge over night to blend flavors.

CUCUMBER SALAD

— Mrs. Frank (Dorothy) Lewis

- 3 to 4 cucumbers
- Salt
- 1 onion, finely chopped
- 1 cup commercial sour cream

- 1 Tbsp. vinegar
- 3 Tbsp. sugar
- pepper

Peel cucumbers and slice thinly. Put into a bowl and sprinkle with salt. Add onion. Put a saucer on top and press with a weight for several hours. Pour off juice and mix cucumbers with a dressing made from the remaining ingredients. Blend thoroughly.

To cook eggs "medium soft", place eggs in pan of cold water over medium heat. Bring to a boil, turn off heat and let stand in hot water for two minutes.

WALDORF SALAD

— Mrs. Fred (Earla) Oakes

3 green apples
 3 red apples
 juice of one lemon
 $\frac{5}{8}$ cup mayonnaise

Salt and pepper to taste
 1 bunch celery
 1 cup chopped walnuts
 lettuce leaves

Core and dice the apples but do not peel. Combine the lemon juice, mayonnaise, salt and pepper. Mix well. Add apples to the mayonnaise mixture and toss well. Just before serving, add the celery which has been sliced and the walnuts to the apples and mix well. Spoon salad onto bed of lettuce leaves.

COLE SLAW

— M. Rose Watts

2 cabbages
 1 green pepper

1 carrot
 2 onions

Shred all the above ingredients

Boil together:

$\frac{3}{4}$ cup vinegar
 $\frac{3}{4}$ cup white sugar
 $\frac{1}{2}$ cup cooking oil

1 tsp. salt
 $1\frac{1}{2}$ tsp. celery seed

Pour liquid over the shredded vegetables. Let stand for 3 - 4 hours, stirring frequently.

This cole slaw will keep up to six weeks if tightly covered and kept in refrigerator.

FOUR BEAN SALAD

— Mrs. Bev (Shirley) Simpson

1 20-oz. can green beans
 1 20-oz. can yellow beans
 1 14-oz. can lima beans

1 15-oz. can kidney beans in
 sauce
 $\frac{1}{2}$ cup onion (coarsely chopped)

Drain beans well in colander. Rinse kidney beans under water to remove sauce.

Mix together:

$\frac{3}{4}$ cup white sugar
 $\frac{3}{4}$ cup mazola oil
 $\frac{3}{4}$ cup vinegar

1 tsp. salt
 pepper

Place the above five ingredients in a bottle and shake well to blend. Pour over beans in large bowl (preferably one with a tight cover). Cover and let stand in fridge for 12 - 24 hours before serving to allow flavor to go through the beans. Stir occasionally to mix ingredients. Makes a large salad and will keep several days in refrigerator.

Lovely with cold cuts and other salads.

Put a few drops of water on your serving platter before you turn out your jellied salad. This way the salad will move easily into the desired position.

BEET SALAD

— Mrs. Dolph (Florrie) Murray

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| 4 cups diced cooked beets
(well drained) | 1 Tbsp. or more chopped parsley |
| 1 cup finely chopped celery | 1 Tbsp. lemon juice |
| 1/4 cup chopped chives or green
onions with tops | 1/3 cup mayonnaise |
| | 1/4 - 1/2 tsp. salt |
| | 2 hard-cooked eggs, chopped |

In a large bowl mix the mayonnaise, lemon juice and salt. Add diced, drained beets, celery, chives, parsley and chopped eggs. Mix well. Add more salt, or lemon juice or mayonnaise if desired. Standing for several hours in refrigerator improves flavor of this salad or may be prepared day before using.

CRANBERRY SOUFFLÉ SALAD

— Shelley Simpson

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| 1 envelope unflavored gelatine | 1 tsp. grated lemon rind |
| 2 Tbsp. sugar | 1 (1 lb.) can cranberry sauce |
| 1/4 tsp. salt | 1 orange or apple peeled and
diced or 1 - 8 1/2 oz. can
pineapple tidbits |
| 1 cup water | 1/4 cup chopped walnuts |
| 1/2 cup mayonnaise | |
| 2 Tbsp. lemon juice | |

Mix gelatine, sugar and salt thoroughly in a small saucepan. Add water. Place over low heat, stirring constantly until gelatine is dissolved. Remove from heat and stir in mayonnaise, lemon juice and lemon rind. Blend with a rotary beater. Pour in a refrigerator tray. Quick chill in freezer 10 to 15 minutes or until firm about 1 inch from edge but soft in center. Beat until fluffy. Fold in remaining ingredients. Turn into 4-cup mold or individual molds and chill until firm. Unmold on serving plate. Garnish with salad greens and serve with mayonnaise.

A festive salad which is a colorful addition to any dinner.

MAYONNAISE

— Mrs. Harold (Annie) Taylor

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|-------------------|--|
| 1 cup white sugar | 2 eggs, beaten |
| 1/2 tsp. salt | 1 cup sweet or sour cream
(or milk) |
| 1 tsp. mustard | 1/2 cup vinegar |
| 1 Tbsp. flour | |

Mix dry ingredients and add eggs and milk or cream. Mix well and add the vinegar. Cook in double boiler until thickened.

MARGOT SALAD DRESSING

— Mrs. Reuben (Pat) Watts

Put into a blender or shaker:

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| 1 small onion, cut up | 1 tsp. paprika |
| 1 tsp. salt | 1 cup white sugar |
| 1 tsp. powdered mustard | 1/2 cup vinegar |
| 1 tsp. celery seed | |

Blend the above ingredients well and then add one cup salad oil. Put into covered container. Store in refrigerator. Shake well before using. Good on tossed salad or plain lettuce.

Before turning a jellied salad out of its mold, set for a few seconds in warm water. Loosen edges with knife and salad will then turn out easily.

COOKED SALAD DRESSING

— Mrs. Leigh (Mayme) Vessey

- 2 eggs
- 2 Tbsp. flour
- 1 Tbsp. mustard
- 1 cup milk

- 3 Tbsp. sugar
- 1 tsp. salt
- 2 Tbsp. butter
- 1 cup vinegar

Mix dry ingredients and add beaten eggs, vinegar and milk slowly. Cook in saucepan over medium heat until thick before adding butter. Blend well. Store in refrigerator and thin with milk or cream before using.

HOMEMADE FRENCH DRESSING

— Mrs. Barrie (Gail) Metcalfe

- 1 can tomato soup
(I find Campbell's is best)
- $\frac{3}{4}$ cup vegetable oil
- $\frac{3}{4}$ cup vinegar
- $\frac{3}{4}$ cup sugar

- 1 tsp. dry mustard
- $\frac{1}{4}$ tsp. paprika
- 2 Tbsp. catsup
- 1 clove garlic (crushed)

Blend or beat thoroughly. Let stand in refrigerator covered for a couple of days before using.

CATALINA SALAD DRESSING

— Mrs. Barrie (Gail) Metcalfe

- $\frac{1}{4}$ tsp. pepper
- $\frac{1}{4}$ cup vinegar
- $\frac{1}{2}$ cup catsup
- 1 small onion, grated

- $\frac{1}{2}$ tsp. salt
- $\frac{1}{2}$ cup sugar
- 1 cup salad oil

Mix all ingredients with rotary beater **EXCEPT** the salad oil. Add the oil gradually while beating. Refrigerate.

CALORIE-WISE GARLIC DRESSING

— Mrs. Lowell (Mary Lou) Vessey

- 15 ml (1 Tbsp.) vegetable oil
- 15 ml. (1 Tbsp.) cider vinegar or lemon juice
- $\frac{1}{2}$ garlic clove, crushed
- Dash each of salt, freshly ground pepper, oregano and basil

Combine all ingredients until well blended. Makes 1 serving.

SALAD DRESSING

— Mrs. Reuben (Pat) Watts

- 2 eggs
- 2 tsp. mustard (dry)
- 1 Tbsp. cornstarch or 2 Tbsp. flour
- 1 tsp. salt

- $\frac{1}{2}$ cup white sugar
- lump of butter, size of a walnut (optional)
- $\frac{1}{2}$ cup vinegar
- 1 cup milk

Beat eggs, add mustard, cornstarch, salt and sugar. Mix well. Add vinegar, mix and at the last add the milk. Cook over medium heat until thickened. Add butter and stir.

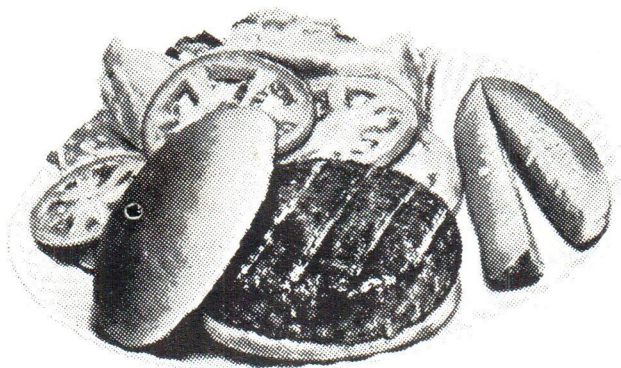
FRENCH DRESSING

— Mrs. Nelson (Sharon) Vessey

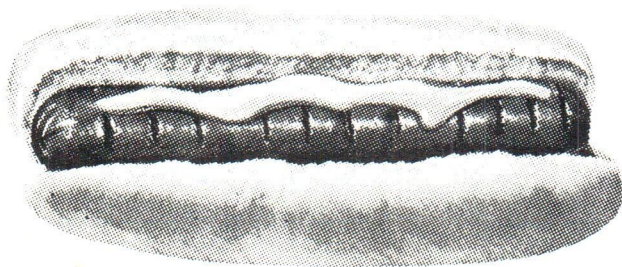
- 1 cup salad oil
- $\frac{2}{3}$ cup ketchup
- $\frac{1}{2}$ cup vinegar
- $\frac{1}{2}$ cup sugar

- 1 Tbsp. lemon juice
- 1 tsp. each of salt, pepper, dry mustard, paprika and onion salt

Combine all ingredients in blender or with a mixer. Refrigerate at least 3 hours before use.



*Sandwiches
and
Luncheon Snacks*



LESS WORK WESTERN SANDWICHES — Mrs. Willard (Nelda) Murray

- | | |
|-----------------------------------|---|
| ¼ cup butter or margarine | 1½ cups finely chopped ham or luncheon meat |
| 1 dozen large eggs | ½ - 1 tsp. salt |
| ½ cup minced onion | ½ tsp. pepper |
| 1 cup finely chopped green pepper | 24 bread slices |
| | catsup or chili sauce (optional) |

Melt butter in oven in 15 x 10 jelly roll pan. Beat eggs slightly with ¼ cup water. Add next 5 ingredients. Remove pan from oven and tilt so butter covers all of pan. Pour in mixture. Bake in moderate oven (350° F.) about 15 minutes or until set. Cut in squares to fit bread. Makes 12 sandwiches. Serve with catsup or chili sauce if desired. Note: for 6 sandwiches, make half of recipe and bake in 11 x 7 pan or 8" square pan.

TUNA BURGERS — Mrs. Allison (Velma) Lewis

- | | |
|----------------------------------|-----------------|
| 1 can tuna | salt and pepper |
| ½ cup salad dressing | celery, chopped |
| ½ cup Cheez Whiz | onions, chopped |
| 3 hard boiled eggs, chopped fine | |

Place mixture on buttered hamburger buns and broil until brown. Serve hot.

CHIP DIP — Mrs. Wendall (Joyce) MacQuarrie

- | | |
|---------------------------------|--|
| 1 can crabmeat | 1 tsp. horseradish |
| 8 oz. Philadelphia cream cheese | 1 Tbsp. chopped onion or onion salt to taste |
| 1 hard boiled egg, chopped | |

Mix together. May add a few drops of milk.

CHICKEN AND EGG SANDWICH — Mrs. Raymond (Evelyn) Vessey

- | | |
|----------------------------------|-----------------------|
| 1 cup diced cooked chicken | 1 Tbsp. chopped onion |
| 2 hard boiled eggs, chopped fine | 3 Tbsp. mayonnaise |

RIBBON SANDWICHES — Mrs. Frank (Gertrude) Vessey

4 slices of bread, 2 white and 2 brown, lightly buttered. Arrange slices of bread alternately white and brown. Fill as follows: Use vegetable egg filling (below) between one slice, cheese between another and shrimp between another. Place all slices one on top of the other. Cut in narrow slices.

VEGETABLE EGG FILLING

- | | |
|---------------------------------|--------------------------|
| 4 hard boiled eggs, chopped | 3 Tbsp. mayonnaise |
| ⅓ cup finely grated carrot | 1 tsp. vinegar |
| ⅓ cup finely diced green pepper | salt and pepper to taste |
| 2 Tbsp. diced celery | onion salt if desired |

FINGER ROLL FILLING

- | | |
|----------------------------------|---------------------------------|
| 1 small can diced ham or chicken | ½ small package Velveeta Cheese |
| 6 hard boiled eggs, chopped | onion grated or onion salt |
| 2 Tbsp. diced celery | mayonnaise to moisten |

Put in finger rolls; heat in warm oven.

ZESTY SUBMARINE

— Darlene Lewis

- | | |
|----------------------------|---------------------------|
| 1 loaf French bread | ½ lb. sliced salami |
| soft butter or margarine | 2 tomatoes, sliced |
| 1 Tbsp. wine vinegar | salt and pepper |
| 1 Tbsp. olive oil | 4 oz. sliced Swiss Cheese |
| ¼ tsp. garlic salt | ½ lb. sliced boiled ham |
| 4 - 5 crisp lettuce leaves | ½ cucumber thinly sliced |
| 1 large onion, sliced | |

Cut bread horizontally in half. Spread bottom half with butter. Stir together vinegar, oil and garlic salt; dip lettuce leaves into mixture. Layer lettuce, salami and tomatoes on buttered bread; season with salt and pepper. Layer remaining ingredients on tomatoes. Place top half of bread on filling; secure loaf with picks. 6 servings.

TURKEY LONG BURGERS

— Mrs. Raymond (Evelyn) Vessey

- | | |
|-------------------------------|---------------------------------|
| 1½ cups diced cooked turkey | 2 Tbsp. sweet pickle relish |
| 1 cup shredded cheddar cheese | (drained) |
| ½ cup salad dressing or | ¼ tsp. salt |
| mayonnaise | ⅛ tsp. pepper |
| 3 hard cooked eggs (chopped) | 8 to 10 hot dog buns (buttered) |
| 1 Tbsp. chopped onion | |

Preheat oven to 350° F. Combine all ingredients. Fill buns with turkey mixture. Wrap each bun individually in foil. Bake for 20 - 25 minutes or until heated.

CHICKEN CANAPÉS

— Mrs. Allison (Velma) Lewis

- | | |
|------------------------------|---------------------|
| 1 - 5 oz. can chicken spread | ¼ tsp. pepper |
| 2 - 3-oz. packages of cream | 24 slices rye bread |
| cheese | 4 Tbsp. butter |
| ½ tsp. salt | 1 cucumber |

Blend chicken spread with cheese, salt and pepper in a bowl; spread each slice of bread with ½ tsp. butter, cut 24 even slices from cucumber. Cut remaining into wedges for garnish. Spoon 1 tsp. chicken mixture on each cucumber slice. Place on bread, garnish with cucumber wedges.

FILLING FOR SANDWICHES OR ROLLS

— Mrs. Harry (Florence) Lewis

- | | |
|-----------------------------|------------------|
| 2 cans chicken | ½ cup Cheez Whiz |
| ½ cup celery chopped | ½ cup mayonnaise |
| 1 small onion chopped | salt and pepper |
| 3 hard boiled eggs, chopped | |

Put filling in finger rolls or on top of one side of bread. Put under broiler. Serve with pickles.

PIZZA BURGERS

— Mrs. Irwin (Bea) Campbell

- | | |
|-------------------------|----------------------------|
| ½ lb. cheddar cheese | ¼ tsp. garlic salt |
| ½ lb. diced bacon | dash pepper |
| 1 can drained mushrooms | 7½ oz. tin tomato sauce |
| 1 small green pepper | 6 hamburger buns split and |
| 1 small onion | lightly toasted |

Grate the cheese, combine with diced bacon and chopped pepper, onion and mushrooms. Combine all with tomato sauce and spices. Spoon onto hamburger buns. Bake on a cookie sheet in preheated 375° F. oven for 15 minutes or under broiler for 3 - 5 minutes.

CHEESE STRAWS

— Mrs. Roland (Judy) Vessey

- | | |
|---|----------------------------|
| $\frac{1}{3}$ cup soft butter | 1 tsp. baking powder |
| $\frac{2}{3}$ lb. grated old cheddar cheese | 1 tsp. salt |
| $1\frac{1}{2}$ cups flour | $\frac{1}{2}$ tsp. paprika |

Cream butter and cheese. Add dry ingredients and mix well. Add a few drops of cold water if necessary to form a dough that can be rolled or patted on a floured board to $\frac{1}{4}$ " thickness. Cut in thin slices and place on a baking sheet. Bake at 350° F. for 25 - 30 minutes. Makes 6 dozen. They will keep in a closed container for 1 week.

HAM AND TUNA SANDWICH FILLING

— Mrs. Chesley (Erma) Hughes

- | | |
|--|----------------------------------|
| 1 - 7-oz. can tuna drained and flaked | 2 Tbsp. chopped green pickle |
| 1 - $2\frac{1}{2}$ -oz. can devilled ham | $\frac{1}{2}$ tsp. grated onion |
| 2 hard cooked eggs, chopped | $\frac{1}{2}$ cup salad dressing |
| $\frac{1}{4}$ cup finely chopped celery | bread slices or finger rolls |
| | Lettuce, if desired |

Thoroughly combine tuna, ham, egg, celery, pickle and onion. Blend in mayonnaise and chill.

There is little difference in food value of the colors of canned salmon. Therefore, if appearance does not matter, buy the cheapest brand.

Sausages, such as frankfurters and bologna are one of the most economical sources of protein.

PILLSBURY CRESCENT DREAMS

— Mrs. Irwin (Bea) Campbell

- | | |
|---------------------------------|-----------------------------------|
| 1 pkg. Pillsbury crescent rolls | 3 slices salami (6 oz. pkg. size) |
| 3 cheese slices | |

Separate rolls into four rectangles **not** triangles for crescent style. Cut cheese and salami into lengthwise strips. Place in alternate rows on each section of dough. Roll up each section with cheese and salami inside (jelly-roll fashion). Cut in 1 inch slices and place on lightly greased cookie sheet. Bake in a preheated oven, 375° F. for 15 - 20 minutes.

OPEN-FACED CHEESE SANDWICH

— Mrs. Frank (Dorothy) Lewis

- | | |
|----------------------------------|------------------------------|
| $\frac{1}{3}$ cup cottage cheese | 1 tsp. chopped green pepper |
| 1 oz. cheddar cheese chopped or | 1 slice bread (rye, brown or |
| 1 cheese slice chopped | white) |
| 1 tsp. chopped dill pickle | |

Mix first four ingredients. Place on slice of bread. Place under broiler until cheese is bubbly and brown. Makes 1 serving.

When serving hot dogs, add a long sliver of fresh cucumber along with your favorite dressings. Delicious.

Squares

*No matter where I serve my family,
No matter where I serve my guests
They all agree with one accord,
They like my kitchen best.*

*So thank Thee, Lord, from all of us,
For all the food we eat;
And thank Thee, too, from all of us,
For the kitchen where we meet.*

*When Christ does something for you, He makes you do
something for someone else.*

TOFFEE BALLS

— Mrs. Aubrey (Helen) Ready

- | | |
|-------------------------|---------------------------|
| 4 MacIntosh toffee bars | 2 cups crushed cornflakes |
| 2 Tbsp. cream | 1 cup coconut |

Put bars in double boiler, then cream. When bars have melted stir in cornflakes and coconut, and roll in balls while still warm.

OLD FASHIONED RAISIN SQUARES

— Mrs. Harry Swan

- | | |
|----------------------------|-------------------------------|
| 1 cup seeded raisins | ¼ cup margarine or shortening |
| 1 cup seedless raisins | ¼ cup water |
| 1 cup molasses | 1 tsp. cinnamon |
| 1 cup bread crumbs, if dry | ½ tsp. nutmeg |
| dampen in cold water | ¼ tsp. cloves |
| 2 tsp. vinegar | ½ tsp. salt |

Mix all together in sauce pan or skillet and cook until slightly thickened. Line 9 x 12 inch pan with your favourite pastry bringing it up on the sides of pan. Spread filling in pan and cover with pastry, folding over edges of lower crust. Bake about 30 minutes in 350° F. oven, or until golden brown.

PLUM PUFF

— Mrs. Pearl Cooke

- | | |
|-------------------|------------------------|
| ¾ cup shortening | 1 tsp. vanilla |
| ¾ cup white sugar | flour (enough to roll) |
| 1 egg, beaten | 3 tsp. baking powder |
| ½ cup milk | |

Filling:

- | | |
|----------------------|------------------|
| 1 cup seeded raisins | 1 Tbsp. flour |
| ⅔ cup sugar | 1 cup cold water |

Cream together shortening and sugar, then add egg, milk and vanilla and mix well. Add baking powder to flour and add to mixture, and mix well. Roll and put one half in bottom of pan. Spread with filling mixture made as follows: Combine raisins, sugar, flour and water in a sauce pan and cook until thick, stirring often. Cover filling with other half of mixture. Bake in moderate oven until brown.

DATE SQUARES

— Mrs. Stuart (Marion) Vessey

Bottom:

- | | |
|--------------------|---------------------|
| ⅞ cup rolled oats | 1 tsp. cream tartar |
| ¾ cup flour | ½ cup margarine |
| ½ tsp. baking soda | 1 cup brown sugar |

Filling:

- | | |
|---------------------|---------|
| 1 cup chopped dates | vanilla |
| ⅓ cup white sugar | |

Combine all ingredients for bottom and crumble together. Press half of mixture on bottom of 8 x 8 inch pan. For filling cover dates with hot water and cook until smooth, add sugar and remove from stove then add vanilla. Spread over base and cover with remainder of oat mixture. Bake in 300° F. oven for 20 to 25 minutes.

MARSHMALLOW SQUARES

— Mrs. Frank (Lillie) Watts

3 Tbsp. butter	$\frac{3}{4}$ cup flour
$\frac{3}{4}$ cup brown sugar	$\frac{3}{4}$ tsp. baking powder
1 egg	$\frac{1}{4}$ tsp. salt
3 Tbsp. milk	1 tsp. vanilla

Cream butter, add sugar and beaten egg. Add dry ingredients alternately with milk. Spread in greased 8 x 8 inch pan and bake 30 minutes in 350° F. oven. While hot sprinkle with enough marshmallows to cover. When cool, ice with the following icing:

$\frac{1}{4}$ cup butter	$\frac{1}{2}$ tsp. vanilla
$\frac{1}{2}$ cup brown sugar	1 cup Icing Sugar
$\frac{1}{4}$ cup milk	

Put sugar, butter and milk in sauce pan, bring to a boil and cook for 2 to 3 minutes. Let cool slightly and add icing sugar and $\frac{1}{2}$ tsp. vanilla. Spread over marshmallows.

PALM SPRING SQUARES

— Mrs. Irwin (Barb) Jewell

2 beaten eggs	1 cup flour
1 cup white sugar	1 tsp. baking powder
$\frac{1}{2}$ cup milk (heated to boiling point)	1 tsp. vanilla
1 Tbsp. butter (added to milk)	$\frac{1}{2}$ tsp. salt

Preheat oven to 350° F. Using electric mixer beat eggs until light, slowly add 1 cup sugar. Sift together dry ingredients. Alternate small amount of hot milk and dry ingredients to egg and sugar mixture. Mix only until smooth. Grease a 9 x 13 inch pan. Bake 30 minutes. Top with the following mixture:

6 Tbsp. butter	3 Tbsp. cream
8 Tbsp. brown sugar	$1\frac{1}{2}$ cups coconut

Return to oven to brown.

LEMON FLUFF SQUARES

— Shelley Simpson

Base:

24 graham wafers	$\frac{1}{2}$ cup butter
------------------	--------------------------

Crush the graham wafers, melt the butter and mix the two together. Press $\frac{2}{3}$ of the crumbs in an 8 x 8 inch pan.

Filling:

2 beaten egg whites	juice of 2 lemons (small)
1 can Eagle Brand condensed milk	

Beat egg whites until stiff; fold in other two ingredients. Pour filling over base and spread remaining crumbs on top. Bake for 20 minutes in 350° F. oven. Set in fridge.

Why not try the recipe on page 87 for Condensed Milk which may be used in any recipe which calls for sweetened condensed milk.

CONDENSED MILK

— Mrs. Nelson (Sharon) Vessey

1 cup skim milk powder
 $\frac{2}{3}$ cup white sugar

3 Tbsp. margarine
 $\frac{1}{3}$ cup boiling water

Stir milk powder and sugar together to mix. Add margarine to boiling water and stir. Beat the water mixture into the milk and sugar mixture until smooth and creamy. Keep in sealed jar in fridge. Use in recipes that call for sweetened condensed milk such as Eagle Brand.

DREAM SQUARES

— Mrs. Leigh (Mayme) Vessey

1 cup flour
 $\frac{1}{3}$ cup butter
 2 eggs
 $1\frac{1}{4}$ cups brown sugar

$1\frac{1}{2}$ cups coconut
 2 Tbsp. flour
 $\frac{1}{2}$ tsp. baking powder
 $\frac{1}{4}$ tsp. salt

Blend flour and butter together. Press into bottom of shallow pan, 8 x 8 inches. Bake for 8 or 10 minutes in moderate oven, 325° F. Cool. Beat eggs well, add brown sugar, and coconut. Sift dry ingredients and add. Mix well and pour over baked crust. Bake in oven, 325° F., about 25 minutes. When cold, ice with a Butter Icing.

TRI-LEVEL BROWNIES

— Mrs. Bernard (Susan) Pepin

Bottom layer:

$\frac{1}{4}$ cup flour
 $\frac{1}{4}$ tsp. baking powder
 $\frac{1}{4}$ tsp. baking soda
 1 cup oatmeal

$\frac{1}{2}$ cup brown sugar
 6 Tbsp. melted butter
 2 Tbsp. peanut butter

Mix together and pat into a 13 x 9 inch pan. Bake at 350° F. for 10 minutes.

Middle layer.

1 sq. melted chocolate
 4 Tbsp. melted butter
 $\frac{3}{4}$ cup sugar (white)
 1 egg
 $\frac{2}{3}$ cup flour

$\frac{1}{4}$ tsp. baking powder
 $\frac{1}{4}$ tsp. salt
 $\frac{1}{4}$ cup milk
 $\frac{1}{2}$ tsp. vanilla

Mix together and pour over baked layer. Bake for another 25 minutes. When done spread with chocolate frosting.

SNICKER DOODLES

— Laurie Simpson

2 eggs, well beaten
 $\frac{1}{2}$ cup white sugar
 5 Tbsp. melted butter or vegetable oil

$\frac{1}{4}$ tsp. vanilla
 salt
 $\frac{1}{2}$ tsp. baking powder
 $\frac{1}{2}$ cup flour

Beat eggs, gradually add sugar and beat until light. Add melted butter or oil and vanilla. Add dry ingredients. Blend well. Sprinkle the following over uncooked batter:

3 Tbsp. white sugar
 $\frac{1}{4}$ tsp. cinnamon

$\frac{1}{4}$ cup chopped nuts

Bake at 350° F. for approximately 20 to 30 minutes in an 8 x 8 pan.

CHOCOLATE BAR CAKE

— Mrs. Randolph (Florrie) Murray

- | | |
|------------------------------|-------------------------------|
| ½ cup margarine | 1 tsp. vanilla |
| 1 cup peanut butter | 1 pkg. miniature marshmallows |
| 6 oz. pkg. chocolate bits | 1 cup coconut, flaked |
| 6 oz. pkg. butterscotch bits | |

Mix together over low heat margarine, peanut butter, chocolate bits and butterscotch bits. Remove from heat and cool. Then add vanilla, marshmallows and coconut. Blend well together. Spread in 9 x 13 inch pan. Store in fridge.

PINEAPPLE SQUARES

— Mrs. Louis (Letha) Vessey

Bottom:

- | | |
|-----------------------------|---------------------|
| 2½ cups graham wafer crumbs | 2 Tbsp. brown sugar |
| ½ cup melted butter | |

Layer #1:

- | | |
|---------------------|-----------------|
| ½ cup soft butter | 2 eggs unbeaten |
| 1½ cups icing sugar | |

Layer #2:

- | | |
|--|---------------------------------|
| 1 - 19 oz. tin crushed pineapple
(drained well) | ½ pint of cream whipped stiffly |
|--|---------------------------------|

Take 2¼ cups of graham wafer crumbs and add butter and brown sugar. Mix well and put in greased 8 x 12 inch pan and bake for 15 minutes at 325° F. Let cool. For Layer #1, cream butter and sugar and add unbeaten eggs and cream together well. Spread over baked crumb mixture. For Layer #2, fold pineapple into whipped cream and spread on top of mixture. Sprinkle with the remainder of the crumbs. Put in refrigerator and chill for three or four hours.

NOTE: Dream whip may be used instead of whipping cream. (1 envelope) prepared as on package.

PEANUT BUTTER BARS

— Mrs. Harold (Annie) Taylor

- | | |
|---------------------------|--|
| 1 cup butter or margarine | 1½ cups graham wafer crumbs |
| 1 cup peanut butter | 1 6-oz. pkg. semi-sweet chocolate pieces |
| 1 lb. icing sugar | |

Blend butter or margarine with peanut butter in a large bowl. Work in icing sugar and crumbs until thoroughly combined. Press mixture into a 9 x 13 inch pan. Melt chocolate pieces in top of double boiler. Spread quickly over mixture in pan. Chill until firm. Cut in squares. Makes 5 dozen.

CHIP 'N NUT BARS

— Mrs. Parker (Irene) Jewell

- | | |
|--------------------------------------|---|
| 1 cup butter (soft) | 1 Tbsp. instant coffee (dry) |
| 1¾ cups brown sugar (lightly packed) | 2 tsp. baking powder |
| 2 eggs | 2 cups flour |
| ½ tsp. salt | 1 cup chopped nuts or less |
| 1 tsp. vanilla | 1 pkg. (6 oz.) semi-sweet chocolate chips |

Put all ingredients except nuts and chips in bowl. Mix until well blended. Stir in chips and nuts. Save some for top of pan. Place in 10 x 15 inch pan (greased well) Bake 350° F. for 20 to 25 minutes.

ITALIAN SQUARES

— Mrs. Rudy (Charlene) Gillespie

½ cup butter
1 cup brown sugar
2 eggs
1½ cups flour

1 tsp. salt
1 tsp. baking powder
1 tsp. vanilla
¼ cup milk

Cream together butter, sugar and eggs. Add sifted dry ingredients alternately with milk. Add vanilla. Pour half batter in 9 x 9 inch pan. Cover with following mixture and then cover with remaining batter.

Chop in food grinder and mix together: 1 orange, 1½ cup raisins, ¼ cup sugar. Bake at 350° F. approximately 45 minutes. Ice with the following icing:

ORANGE ICING

2 Tbsp. butter
¼ tsp. salt
Milk

1½ cups icing sugar
Grated rind from 1 orange

Mix all together with enough milk to make spreading consistency.

LEMON COCONUT BARS

— Mrs. Elmer (Glenda) MacLean

½ cup shortening
½ cup brown sugar
1 cup flour
2 eggs
1 cup brown sugar
1 tsp. lemon rind

½ tsp. salt
1 cup coconut
1 cup walnuts
½ cup raisins
2 Tbsp. lemon juice

Cream shortening and ½ cup brown sugar. Stir in flour. Bake in 350° F. oven for 12 minutes. Beat eggs and cream together with sugar. Add remaining ingredients and mix well. Bake at 350° F. for 25 minutes.

RAINBOW SQUARES

— Mrs. Lloyd (Mary) Vessey

2 cups flour
1 cup butter
1 tsp. salt
2 Tbsp. brown sugar
1 cup crushed pineapple

1 tsp. vanilla
2 Tbsp. cornstarch
juice from a small bottle
of cherries
cherries (cut)

Blend flour, butter, salt and sugar together and mix well. Press in 9 x 9 inch pan. Brown lightly in oven. Mix and cook in double boiler pineapple, vanilla, cornstarch (mixed with cherry juice). Add cut up cherries. Beat two egg whites with 2 Tbsp. sugar and vanilla and spread over pineapple mixture. Brown in oven.

APPLE SQUARES

— Mrs. Minto (Vina) Foster

1½ cup sugar
2 cups flour
¾ cup cooking oil
2 cups sliced apples
3 eggs

1 tsp. cinnamon
1 tsp. baking powder
½ tsp. salt
1 tsp. vanilla
chopped nuts (optional)

Beat sugar and eggs. Add sifted flour, spices and salt. Add oil and vanilla and mix well. Fold in nuts and apples. Bake in 9 x 13 inch pan, greased and floured. Bake at 350° F. 40 to 45 minutes.

CHOCOLATE SQUARES

— Mrs. Harry (Florence) Lewis

22 graham wafers, rolled
 1 Tbsp. white sugar
 $\frac{1}{2}$ cup butter (melted)
 1 can Eagle Brand milk

$\frac{1}{2}$ lb. coconut
 1 tsp. vanilla
 $\frac{1}{4}$ tsp. salt

Mix together graham wafers, sugar and butter and press in pan. Bake at 350° F. until golden brown. Cool. Mix together milk, coconut, vanilla, and salt. Pour over first mixture, brown lightly. Ice with chocolate icing.

CHINESE CHEWS

— Mrs. Aubrey (Helen) Ready

2 eggs
 $\frac{2}{3}$ cup sugar (white)
 1 tsp. vanilla
 $\frac{2}{3}$ cup flour
 $\frac{3}{4}$ cup walnuts

1 tsp. baking powder
 $\frac{1}{3}$ tsp. salt
 $\frac{1}{2}$ cup dates
 $\frac{1}{2}$ cup raisins

Beat eggs until foamy, then add sugar. Sift together dry ingredients and add. Add vanilla then fruit and nuts, chopped. Beat thoroughly. Spread in greased pan, 8 x 8 inches. Bake at 350° F. for 30 minutes. Cut in squares while warm, and decorate with icing and cherry or nut. These can also be rolled in balls and dipped in icing sugar.

RASPBERRY BARS

— Mrs. Harold (Myra) Watts

1 cup flour
 1 tsp. baking powder
 $\frac{1}{2}$ cup butter (softened)
 1 Tbsp. milk

1 egg
 $\frac{1}{2}$ tsp. salt
 raspberry jam

Topping:

1 egg
 $\frac{1}{2}$ cup white sugar
 1 cup coconut

1 tsp. vanilla
 butter, size of an egg

Sift flour and baking powder. Add butter, cream well. Add milk and egg. Mix well and spread in 8 x 11 inch pan (well greased). Bake in 350° F. oven for 20 minutes. Spread with raspberry jam. Spread the topping over and bake in moderate oven, 350° F. for 15 minutes. Cut in bars when cool.

UNCOOKED BROWNIES

— M. Rose Watts

$\frac{1}{2}$ cup shortening
 $\frac{1}{2}$ cup brown sugar
 1 egg
 $\frac{1}{2}$ cup walnuts

2 Tbsp. cocoa
 1 tsp. vanilla
 15 double graham wafers

Icing:

1 cup icing sugar
 1 Tbsp. flour
 2 Tbsp. cocoa

vanilla
 butter, size of walnut
 2 Tbsp. boiling water

Mix ingredients in order given. Crumble graham wafers to about the size of a dime. Mix thoroughly with other ingredients. Press in 9 x 9 inch pan and spread with icing. Keep refrigerated.

CHOCOLATE CHIP NUT BARS

— Mrs. Stuart (Marion) Vessey

- | | |
|----------------------------------|--------------------------------|
| 1 cup flour | $\frac{1}{3}$ cup shortening |
| $\frac{1}{2}$ tsp. baking powder | 1 cup brown sugar, packed |
| $\frac{1}{4}$ tsp. salt | 1 egg, slightly beaten |
| $\frac{1}{8}$ tsp. soda | 1 tsp. vanilla |
| 1 pkg. chocolate chips | $\frac{1}{2}$ cup chopped nuts |

Cream together shortening and sugar, then add egg and vanilla and mix well. Add sifted dry ingredients mixing well. Add chocolate chips and nuts. Bake in 9 x 13 inch pan for 25 minutes. Bake at 300° F.

CHOCOLATE ARROWROOT SQUARES — Mrs. Richard (Dorothy) Vessey

- | | |
|---|---------------------------------|
| $\frac{1}{2}$ cup shortening (not butter) | 24 Arrowroot biscuits (broken |
| $\frac{1}{2}$ cup white sugar | into small pieces but not |
| 4 Tbsp. cocoa | crushed) |
| 2 eggs, beaten | $\frac{1}{2}$ cup walnut pieces |

Combine shortening, sugar, cocoa and beaten eggs. Cook in double boiler stirring constantly for about 5 minutes. (For best results have water in double boiler at full boil). Remove from heat and add arrowroot biscuits and walnuts. Mix well. Place in greased 4 x 8 inch pan. When cool, ice with butter icing.

CHOCOLATE HONEY SQUARES

— Mrs. Dewar (Grace) Swan

- | | |
|-------------------------|---|
| $\frac{3}{4}$ cup honey | $\frac{1}{2}$ cup chopped peanuts (may be |
| 1 cup peanut butter | omitted if using nutty peanut |
| 3 cups rice krispies | butter) |
| 1 cup chocolate chips | |

Combine honey and peanut butter in large sauce pan and set on heat, melt down and bring to a boil (stirring all the time) remove from heat and add chocolate chips, stir until these are melted then add rice krispies and 1 tsp. vanilla. Press in 9 x 9 inch pan and let cool.

THERESA'S SQUARES

— Mrs. Barry (Betty) MacDonald

- | | |
|---------------------------|-----------------------|
| 1 pkg. chocolate chips | 1 Tbsp. margarine |
| 1 pkg. butterscotch chips | 2 Tbsp. peanut butter |

Melt above ingredients in double boiler. Let cool slightly. Add a bag of miniature colored marshmallows. Press in a 9 x 9 pan and refrigerate.

GRAHAM WAFER SQUARES

— Mrs. Jack (Marlene) Andrews

Line an 8 x 8 pan with whole graham wafers.

Mix together:

- | | |
|-------------------------------|------------------------------|
| $\frac{1}{2}$ cup margarine | 2 Tbsp. butterscotch instant |
| 1 egg | pudding powder |
| $\frac{1}{2}$ cup brown sugar | |

Cook this mixture in double boiler until egg is cooked. Remove from heat and add $\frac{1}{2}$ box crushed graham wafers. Spread in pan. When cold, ice with butter icing. To the butter icing, 1 Tbsp. of butterscotch instant pudding powder may be added.



Sweet Breads

BANANA NUT LOAF

— Mrs. Laken (Jean) Lewis

2 $\frac{3}{4}$ cups sifted all purpose flour	3 eggs
3 tsp. baking powder	2 medium sized ripe bananas,
1 tsp. salt	mashed
$\frac{1}{4}$ tsp. baking soda	$\frac{3}{4}$ cup finely chopped pecans
$\frac{1}{2}$ cup butter or margarine	2 tsp. grated orange rind
1 cup sugar	$\frac{1}{2}$ cup minced candied fruit

Grease and line loaf pan (9 x 5 x 3). Sift flour, baking powder, salt and soda onto sheet of waxed paper. Cream butter or margarine with sugar until fluffy in a large bowl. Beat in eggs one at a time, until fluffy again. Stir in flour mixture alternately with mashed bananas. Fold in pecans, fruit, and orange rind. Pour into prepared pan. Bake in slow oven (325° F.) for 1 hour and 20 minutes. Cool in pan on wire rack for 10 minutes. Cool. Wrap in waxed paper — store overnight for easier cutting.

DATE AND NUT LOAF

— Mrs. Roland (Dora) Buntain

1 cup boiling water	$\frac{1}{2}$ tsp. salt
1 cup chopped dates	1 tsp. baking soda
1 Tbsp. shortening or butter	1 cup white sugar
2 cups sifted flour	1 beaten egg
1 tsp. baking powder	$\frac{1}{2}$ cup chopped nuts

Pour boiling water over dates, add shortening and baking soda. Set aside to cool. Mix together flour, salt, sugar and baking powder. Add nuts. Add egg to cooled date mixture and pour into flour mixture. Mix all together well. Bake in loaf pan at 325° F. for 1 - 1 $\frac{1}{4}$ hours or until centre is set. Cool and store for 24 hours before slicing.

ORANGE NUT LOAF

— Mrs. Elmer (Edith) Brown

$\frac{3}{4}$ cup white sugar	4 tsp. grated orange rind
2 Tbsp. soft shortening	3 cups flour
1 egg	$3\frac{1}{2}$ tsp. baking powder
$\frac{3}{4}$ cup milk	1 tsp. salt
$\frac{3}{4}$ cup orange juice	$\frac{3}{4}$ cup chopped walnuts

Cream shortening, sugar, egg, add milk, orange juice and grated rind. Stir well. Add flour, baking powder and salt, lastly nuts. Pour into loaf pan. Let rise for 15 minutes. Cook for 1 hour and ten minutes in moderate oven (350° F.).

CRANBERRY - ORANGE BREAD

— Mrs. Nelson (Sharon) Vessey

3 medium oranges	1 tsp. salt
1 beaten egg	$\frac{1}{2}$ tsp. soda
2 Tbsp. cooking oil	1 cup coarsely chopped
2 cups flour	cranberries
$\frac{3}{4}$ cup white sugar	$\frac{1}{2}$ cup chopped walnuts
$1\frac{1}{2}$ tsp. baking powder	1 cup sifted powdered sugar

Grate peel from 1 orange. Squeeze juice from all oranges. Measure $\frac{3}{4}$ cup juice, reserve remaining. Combine the $\frac{3}{4}$ cup juice, 1 tsp. of the peel, egg and oil. Stir together flour, sugar, baking powder, salt and soda. Add orange mixture; stir, just till moistened. Fold in cranberries and walnuts; turn into greased pans (one 8 x 4 x 2 or three 6 x 3 x 2). Bake in 350° F. oven 50 - 60 minutes for large pan, 30 - 40 minutes for smaller pans. Cool. To prepare glaze, blend 1 Tbsp. of reserved juice with powdered sugar. Add more juice to make of drizzling consistency. Drizzle on cooled loaves, garnish with reserved orange peel.

GRAPE NUT BREAD

— Mrs. Chesley (Erma) Hughes

1 cup grape nuts

2 cups scalded milk (pour over nuts)

When cool add:

1 egg well beaten

3 cups sifted flour

 $\frac{1}{2}$ tsp. salt

4 tsp. baking powder

 $\frac{3}{4}$ cup sugar $\frac{1}{4}$ cup walnuts (optional)

Put in pan, let stand 20 minutes. Bake 1 hour.

CRANBERRY FRUIT-NUT BREAD

— Mrs. Elmer (Glenda) MacLean

2 cups all purpose sifted flour

 $\frac{3}{4}$ cup orange juice

1 cup sugar

1 Tbsp. grated orange rind

 $1\frac{1}{2}$ tsp. baking powder

1 egg, well beaten

 $\frac{1}{2}$ tsp. soda $\frac{1}{2}$ cup chopped nuts

1 tsp. salt

2 cups fresh cranberries, chopped

 $\frac{1}{4}$ cup shortening

Sift together flour, sugar, baking powder, soda and salt. Cut in shortening until mixture resembles coarse cornmeal. Combine orange juice and grated rind with well beaten egg. Pour all at once into dry ingredients, mixing just enough to dampen. Carefully fold in chopped nuts and cranberries. Spoon into greased loaf pan (9 x 5 x 3). Spread corners and sides slightly higher than center. Bake 350° F. about 1 hour or until crust is golden brown and toothpick inserted comes out clean. Store overnight for easy slicing.

LEMON LOAF

— Mrs. Leonard (Myrtle) Andrews

 $\frac{1}{2}$ cup shortening $1\frac{3}{4}$ cups flour

1 cup white sugar

1 tsp. baking powder

2 eggs

 $\frac{1}{2}$ tsp. salt

grated rind of one lemon

 $\frac{1}{2}$ cup milk

Cream sugar and shortening, add eggs one at a time, and grated lemon rind. Add dry ingredients alternating with milk. Bake 1 hour in 350° F. oven. Mix together the juice of one lemon and $\frac{1}{4}$ cup sugar. Remove loaf from oven and pour juice mixture over hot, baked loaf to glaze.

FRUIT LOAF

— Mrs. Louis (Letha) Vessey

3 cups flour

 $\frac{1}{2}$ cup white sugar

2 large tsp. of baking powder

 $\frac{1}{2}$ cup shortening

1 tsp. salt

Mix above dry ingredients with hands as if you were preparing biscuit dough. Then add:

1 cup seedless raisins

2 eggs beaten

 $\frac{1}{2}$ cup mixed peel

1 cup milk

 $\frac{1}{2}$ cup glace cherries

Add beaten eggs and milk to above mixture. The mixture is a bit dry. Put in loaf pan and sprinkle top with 2 tsp. white sugar. Bake for 1 hour at 350° F. oven.

PUMPKIN LOAF

— Mrs. Bill (Anne) Crockett

1½ cups flour
1 tsp. baking powder
1 tsp. soda
½ tsp. salt
2 tsp. cinnamon

1 cup white sugar
¾ cup cooking oil
¾ cup raisins
2 eggs unbeaten
¾ cup cooked pumpkin

Sift the first five ingredients together then add the remaining ones and beat for 2 minutes. Bake in loaf pan 1¼ hour in 350° F. oven.

CINNAMON LOAF

— Mrs. Irwin (Barbara) Jewell

½ cup shortening
1 cup white sugar
2 eggs
2 cups flour
½ tsp. soda

½ tsp. salt
½ tsp. baking powder
½ tsp. vanilla
1 cup milk with 1 Tbsp. vinegar

Top and Filling:

1 Tbsp. cinnamon

3 Tbsp. sugar

Cream sugar and shortening. Add 2 eggs. Add milk and sifted dry ingredients. Fold into greased and floured pan one third of mixture. Spread a layer of cinnamon mixture over batter, add one third more and sprinkle again. Finally, add remaining batter and cut through with a knife to give a marbled effect. Sprinkle the remaining cinnamon on top. Bake at 350° F. for 1 hour or until loaf tests done.

BANANA BREAD

— Mrs. Lloyd (Mary) Vessey

½ cup butter or shortening
1 cup white sugar
3 eggs beaten
3 mashed bananas
1 Tbsp. sour milk or water

2 cups flour
1 tsp. soda
2 tsp. baking powder
¼ tsp. salt

Mix as for conventional breads and bake for 1 - 1½ hours.

ZUCCHINI BREAD

— Mrs. Bev (Shirley) Simpson

3 cups flour
1½ cups white sugar
1 tsp. cinnamon
1 tsp. salt
1 tsp. baking powder
¾ tsp. baking soda

2 cups shredded unpeeled zucchini
1 cup chopped nuts
1 cup seedless raisins
3 eggs
1 cup cooking oil

In a large bowl stir together flour, sugar, cinnamon, salt, baking powder, soda, zucchini, nuts and raisins. In another bowl beat eggs and add oil. Pour egg and oil mixture over flour mixture and stir until moistened. Turn into a lined loaf pan 13 x 4 inches. Bake at 350° F. for approximately 1½ hours. When cooked, cool in pan 10 minutes. Invert on rack, turn right side up and cool completely.

Note: The larger zucchini are good for this loaf as they are easily shredded.

GINGERBREAD (over 150 years old)

— Mrs. Harry (Doris) Birt

$\frac{1}{2}$ cup sugar	$1\frac{1}{2}$ tsp. baking soda
$\frac{1}{2}$ cup shortening (original recipe called for $\frac{1}{2}$ cup butter and lard mixed)	1 tsp. cinnamon
1 egg	1 tsp. ginger
1 cup molasses	$\frac{1}{2}$ tsp. cloves
$2\frac{1}{2}$ cups sifted flour	$\frac{1}{2}$ tsp. salt
	1 cup hot water

Cream shortening and sugar. Add beaten egg, molasses, then dry ingredients which have been sifted together. Mix well. Add hot water last and beat until smooth. Bake in greased pan approximately 8 x 12 for 40 - 45 minutes at 350° F.

MINCEMEAT LOAF

— Mrs. Harry (Mary) Welton

$\frac{1}{2}$ cup white sugar	$\frac{1}{2}$ tsp. soda
1 egg	1 tsp. salt
$\frac{1}{4}$ cup melted shortening	$\frac{3}{4}$ cup buttermilk
2 cups flour	$\frac{1}{2}$ cup chopped nuts (optional)
$2\frac{1}{2}$ tsp. baking powder	$1\frac{1}{2}$ cups mincemeat

Sift together dry ingredients. Stir in nuts. Beat remaining ingredients together, add to flour mixture and blend only until combined. Put in greased 9 x 5 x 3 loaf pan, lined with waxpaper. Bake 350° F. for 65 - 70 minutes.

ORANGE BREAD

— Mrs. Raymond (Evelyn) Vessey

Preheat oven to 350° F. Grind the peel of 2 oranges. Place in a saucepan with just enough cold water to cover the peel. Bring to a boil, remove from heat and drain off the water. Repeat this procedure once more.

Add to drained peel: $\frac{2}{3}$ cup sugar

Place over low heat until sugar melts. Set aside to cool.

Cream:

2 Tbsp. butter or shortening	$\frac{1}{4}$ cup sugar
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Add 1 egg and beat thoroughly.

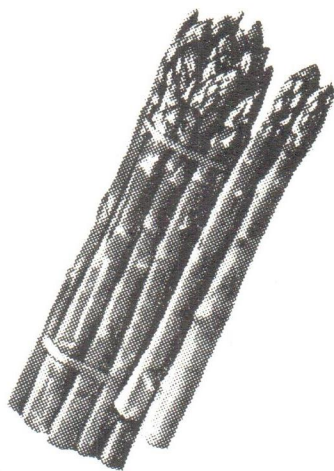
Sift together:

2 cups pre-sifted all purpose flour	3 tsp. baking powder
	$\frac{1}{2}$ tsp. salt

Add to creamed mixture alternately with:

$\frac{1}{3}$ cup milk	$\frac{1}{3}$ cup orange juice
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Fold in peel mixture. Let stand for 20 minutes. Bake in oven for 50 - 60 minutes in 9 x 5 loaf pan.



Vegetables



TO COOK FRESH ASPARAGUS

— Mrs. Dolph (Florrie) Murray

Wash asparagus well. Cut off tough ends. Make sure no sand is under the scales. Trim 1" off the bottom. Stand upright in a tall pot and add $\frac{3}{4}$ -inch boiling water. Cover pot and cook 7 - 10 minutes or until barely tender. The tips cook in the steam and color remains bright green. Drain carefully without breaking tips. Serve at once with Hollandaise or a drawn-butter sauce.

(If you don't have a deep cooking pot, use bottom of double boiler in which to stand the stalks and use the upper part inverted over the tips as a replacement for cover.)

GREEN BEAN CASSEROLE

— Mrs. Roland (Judy) Vessey

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|---|--|
| 2 cans french-style green beans,
drained | 1 can cream of mushroom soup |
| $\frac{3}{4}$ tsp salt | $\frac{1}{2}$ - $\frac{3}{4}$ cup milk |
| $\frac{1}{8}$ tsp. pepper | 1 can french fried onions |

Combine milk, soup, salt, pepper, and pour over the beans. Add half of the onions. Mix and pour into casserole. Bake covered at 350° F. for 20 minutes. Uncover and garnish with remaining half can of onions. Bake 5 minutes more. Serves 6.

YELLOW BEANS WITH CRUMB BUTTER — Mrs. Willard (Nelda) Murray

Cook 1 quart of cut up yellow beans in small amount of salted, boiling water until barely tender. Drain.

Melt $\frac{1}{4}$ cup butter until slightly tinged with gold. Add 2 or 3 Tbsp. soft white breadcrumbs and stir until soaked and slightly crisped. Spoon crumbs over the hot yellow beans and serve.

HARVARD BEETS

— Mrs. Bev (Shirley) Simpson

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|-------------------------------|---------------------------|
| $\frac{3}{4}$ cup white sugar | 4 cups diced cooked beets |
| 3 tsp. cornstarch | 3 Tbsp. butter |
| $\frac{1}{3}$ cup vinegar | $\frac{1}{4}$ tsp. salt |
| $\frac{1}{3}$ cup water | $\frac{1}{8}$ tsp. pepper |

Combine sugar and cornstarch in saucepan. Add vinegar and water and mix well. Place over heat and bring to a boil, stirring constantly until thickened. Add diced beets. Cover and simmer 30 minutes. Stir in butter, salt and pepper. Serve hot or cold. Makes 8 - 10 servings.

For Harvard beets with a Hawaiian flavor try adding 1 cup of pineapple cubes in place of 1 cup diced beets, and substitute pineapple juice for the water in the recipe. This gives an old recipe a new, delicious flavor.

BROCCOLI CASSEROLE

— Mrs. Lowell (Mary Lou) Vessey

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|--|---|
| 2 Tbsp. butter | 1 cup milk |
| 2 Tbsp. flour | 10 Ritz crackers, crushed |
| 1 3-oz. pkg. cream cheese,
softened | 2 10-oz. pkgs. frozen chopped
broccoli, cooked and drained |
| $\frac{1}{4}$ cup crumbled blue cheese | |

In a saucepan melt butter; blend in flour and cheeses. Add milk. Cook and stir till mixture boils. Stir in broccoli. Place in quart-size casserole and top with cracker crumbs. Bake in moderate oven (350° F.) for 30 minutes. Serves 8 - 10.

BROCCOLI CASSEROLE

— Mrs. Roland (Judy) Vessey

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|-------------------------------------|---------------------|
| 1 cup finely chopped onion | ¼ lb. grated cheese |
| 1 cup sliced mushrooms | Slivered almonds |
| 1 large head fresh broccoli | Bread crumbs |
| 1 10-oz. can cream of mushroom soup | Garlic salt |

Brown mushrooms and onions in 2 Tbsp. butter. Add soup and cheese. Stir until cheese melts. Add garlic salt to taste. Cut up and cook broccoli for 5 minutes in boiling water. Drain and add to sauce. Add almonds, saving a few for the top. Put in casserole, top with bread crumbs and almonds. Bake at 350° F. for 30 minutes.

BRUSSELS SPROUTS POLONAISE

— Mrs. Lowell (Mary Lou) Vessey

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|---------------------------------------|--------------------------------|
| 2 lbs. brussel sprouts (about 8 cups) | ¼ cup fine, dry bread crumbs |
| ¼ cup butter | 1 hard cooked egg yolk, sliced |
| | 2 Tbsp. snipped parsley |

Cut large sprouts in half. Cook uncovered in boiling salted water 12 - 15 minutes or till tender. Drain. Melt butter until it begins to brown and add crumbs, yolk and parsley. Spoon over sprouts; toss lightly. Serves 6-8.

RED CABBAGE WITH APPLE

— Mrs. Raymond (Karen) Campbell

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|--|------------------------------|
| 1 med. finely shredded red cabbage (4 cups packed) | 1 small onion, thinly sliced |
| 3 Tbsp. butter | ¼ cup water |
| 2 cooking apples, pared and sliced | ⅛ tsp. ground cloves |
| | 2 tsp. vinegar |
| | 2 tsp. sugar |

In large frying pan melt the butter. Add shredded cabbage. Cook, stirring, for 5 minutes. Stir in other ingredients. Mix well. Cover pan and reduce heat. Cook gently about 25 minutes, stirring every five minutes.

SUNSHINE CARROTS

— Mrs. Frank (Gertrude) Vessey

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|------------------|--------------------|
| 5 medium carrots | 1 tsp. cornstarch |
| ¼ tsp. ginger | 1 Tbsp. sugar |
| ¼ tsp. salt | ¼ cup orange juice |

Slice carrots crosswise on the bias (about 1 inch thick) and cook until just tender. Combine sugar, cornstarch, salt and ginger in small saucepan. Add orange juice. Cook, stirring constantly till mixture thickens and bubbles. Boil one minute. Stir in 1 Tbsp. butter. Pour over hot carrots, tossing to coat evenly. Makes four servings.

CORN

— Mrs. Willard (Nelda) Murray

1. **Corn on the Cob:** Select young tender ears. To cook on the cob requires only length of time needed to bring water back to the boil. Longer cooking starts a toughening process. Do not boil corn longer than 3 minutes.
2. **Corn off the Cob:** Cut corn from cob and measure. Add a quarter of this amount of chopped, fresh green pepper. Sauté gently in butter until pepper is limp but not brown. Serve sprinkled with salt and pepper.

FRESH CARROT - CAULIFLOWER CHEESE PIE

— Mrs. Arthur (Emily) Johnson

$\frac{1}{4}$ cup butter or margarine	Dash of dried leaf oregano
1 cup chopped onion	$\frac{1}{4}$ tsp. salt
1 clove garlic, minced	Dash pepper
1 medium cauliflower, broken into flowerets	2 eggs
$\frac{1}{2}$ cup sliced fresh carrots	$1\frac{1}{2}$ cups grated cheddar cheese
$\frac{1}{2}$ tsp. dried leaf savory	$\frac{1}{4}$ cup milk

Prepare Savory Pie Crust (see below) In large skillet, melt butter, sauté onion and garlic 3 minutes, until golden. Add small cauliflower flowerets, carrots, savory, oregano, salt and pepper. Cover. Cook 10 minutes stirring occasionally. Sprinkle $\frac{3}{4}$ cup of cheese into the prepared pie crust; add vegetables. Top with remaining cheese. In small bowl beat eggs with the milk; pour over ingredients in pie shell. Bake in a 375° F. oven 35 - 40 minutes, until set. Makes 4 - 6 servings.

Savory Pie Crust: In small bowl, combine 2 cups herb-seasoned croutons, crushed into coarse crumbs and $\frac{1}{4}$ cup melted butter or margarine. Mix well. Press into 9-inch pie plate. Bake in a 375° F. oven 8 minutes. Makes one 9-inch pie shell.

CAULIFLOWER WITH CHEESE

— Mrs. Laken (Jean) Lewis

Boil cauliflower flowerets in boiling, salted water. When fork tender, drain well. Take Cheese Whiz and put thin layer over well-drained cauliflower. Heat in oven until cheese is melted. Oven should not be too hot as cheese burns easily. Serve warm from oven. Very good and very easy.

SCALLOPED CORN

— Mrs. Harry (Mary) Welton

1 - 20 oz. can cream corn	$\frac{1}{2}$ tsp. pepper
$\frac{1}{2}$ cup milk	1 tsp. salt
$\frac{1}{2}$ cup cracker crumbs	1 large potato cubed (cooked or raw)
$\frac{1}{2}$ (or a small) onion, chopped	
1 Tbsp. butter	

Put in greased casserole and bake 350° F. for 30 minutes. Makes 4 servings.

BAKED EGGPLANT CASSEROLE

— Mrs. Willard (Nelda) Murray

1 medium eggplant, peeled and cubed	1 tsp. salt
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Add small amount of water and cook until tender. Do not drain. While hot add 6 biscuits or 6 slices of bread, torn into pieces. Add about $\frac{1}{4}$ lb. butter. Blend well.

Add:

$\frac{1}{2}$ lb. sharp cheddar cheese, cubed	2 eggs, slightly beaten
	1 small green pepper, diced fine

Mix well. Bake in buttered casserole for 45 minutes at 350° F.

HODGE PODGE

— Mrs. Frank (Gertrude) Vessey

Cook together in boiling water carrots, beans, potatoes, peas, onions or any other vegetables that you wish. Cook until tender. Remove from heat and measure vegetable liquid. Add an equal amount of cream or blend to liquid and pour over vegetables. Add a lump of butter and salt and pepper to taste. Return to heat and let come to a boil and it's ready to serve.

MUSHROOM TREAT

— Mrs. Frank (Dorothy) Lewis

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|--------------------------|------------------|
| 1 onion | 2 cans mushrooms |
| 1 green pepper | salt and pepper |
| 2 Tbsp. butter (approx.) | |

Chop onion and green pepper. Sauté with mushrooms in butter. Sprinkle with salt and pepper to taste. Stir and cook until vegetables are limp and lightly browned. Delicious served with barbecued steak.

ONION SOUP

— Mrs. Harry (Florence) Lewis

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|--|------------------------------|
| 2 large onions | ¼ cup dry sherry |
| 2 Tbsp. butter | 1 Tbsp. Worcestershire Sauce |
| 2 10-oz. cans beef bouillon or
consommé | Dash of pepper |
| | Parmesan Cheese |

Cook onions in butter until tender. Add broth and rest of ingredients and bring to a boil. Sprinkle with Parmesan cheese.

Put some bread crumbs on top of the soup. Sprinkle with cheese and put under broiler. Serves 4.

Flour and sugar may be added to thicken more if desired.

SUGAR SNAP PEAS WITH MUSHROOM SAUCE

— Mrs. Bev. (Shirley) Simpson

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|---|------------------------------|
| 1 quart whole sugar snap peas,
strings removed | 1 med. onion, finely chopped |
| 4 Tbsp. butter | ½ - ¾ lb. mushrooms, sliced |

Sauce:

- | | |
|--------------------|--------------------------|
| 2 cups cold milk | 4 Tbsp. butter |
| 2 Tbsp. cornstarch | Salt and Pepper to taste |

In a dutch oven, melt butter and sauté onion until soft and golden. Add mushrooms and sauté about 5 minutes more or until golden and softened. Leave in pan and set aside. Bring enough water to boil in saucepan to steam peas. Drain off water and add cooked peas to onions and mushrooms in the dutch oven. In the empty saucepan, gradually stir milk into corn starch. Use wire whisk to beat, as you add the milk, to prevent lumps. Add butter. Stir constantly and bring to a boil over medium heat. Boil 1 minute. When done, pour over peas, mushrooms and onions. Stir and serve. Chopped parsley and/or cooked carrots may also be added. Serves 6 - 8.

STUFFED PEPPERS

— Mrs. Willard (Nelda) Murray

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|-------------------------|---------------------------------------|
| ½ cup rice | 4 green peppers, halved and
seeded |
| 1 onion, finely chopped | 3 small cans tomato sauce |
| 1 pound ground chuck | Salt and pepper to taste |

Cook rice until done. Add to meat, onion and seasonings. Mix well. Mound the meat mixture into pepper halves. Place in baking dish and top with tomato sauce. Bake in 350° F. oven for 1½ hours or until peppers are tender. Make, bake and freeze extras for future meals.

SCALLOPED POTATOES

— Mrs. Raymond (Evelyn) Vessey

Melt 2 Tbsp. butter. Stir in 1 Tbsp. flour. Then add slowly, stirring constantly, $1\frac{1}{2}$ cups milk. Cook and stir over low heat until thickened. Add $\frac{3}{4}$ tsp. salt and a dash of pepper.

In a buttered baking dish, put 4 peeled and sliced potatoes and one onion, finely chopped. Pour the sauce over the potatoes and bake in oven at 350° F. until tender. May be topped with cheese or buttered bread crumbs.

MOM'S POTATO SOUP

— Mrs. Willard (Nelda) Murray

Dice 5 potatoes. Cover with boiling water in saucepan to two inches water over the top of potatoes. Add salt to taste, and boil until tender. Then add 1 cup cream or rich top milk, 1 tin mushroom soup. Bring just to a boil, then reduce heat to simmer. Fry small pieces of bacon (about five strips) until brown. Pour both the bacon fat and bacon pieces into the soup. Fry a small onion in 1 Tbsp. butter. Add to the soup. Add 3 Tbsp. ketchup. Heat thoroughly. Serve.

MISSISSIPPI SQUASH CASSEROLE

— Mrs. Willard (Nelda) Murray

Sauté a small, finely chopped onion in 2 Tbsp. butter in an oven-proof dish. Remove from the heat and stir in a mixture made of these following ingredients:

$1\frac{1}{2}$ cups cracker crumbs
1 cup milk
Pinch of salt and pepper

2 cups chopped summer squash
2 beaten eggs
1 tsp. sugar

Bake in 350° F. oven for an hour.

BEEF STUFFED SQUASH

— Mrs. Bev. (Shirley) Simpson

3 medium acorn squash
 $\frac{1}{4}$ cup water
 $\frac{1}{2}$ cup chopped onion
 $\frac{1}{2}$ cup diced celery
2 Tbsp. butter
1 pound ground beef

1 cup bread crumbs
1 tsp. salt
 $\frac{1}{8}$ tsp. pepper
 $\frac{1}{2}$ tsp. oregano
1 tsp. Worcestershire sauce
 $\frac{1}{4}$ cup chopped raisins

Cut squash in half and remove seeds. Place in baking dish, add water, cover and bake at 350° F. until almost tender (about 45 minutes). Sauté onion and celery in butter about 5 minutes; add beef and cook until brown. Add remaining ingredients. Fill squash halves with beef mixture. Continue baking until squash is tender and stuffing is browned (15 - 20 minutes). Makes 6 servings.

BAKED TURNIP WITH ORANGE

— Mrs. Harry (Doris) Birt

2 cups cooked, mashed turnip
Salt and pepper to taste
2 Tbsp. butter

2 Tbsp. white sugar
4 - 5 Tbsp. orange juice

Mix together the above ingredients and spoon into a small casserole. Garnish with orange sections. Cover, and place in oven at 325° F. Bake about 15 minutes.

Add a couple of dashes of nutmeg to canned string beans and see how it improves the flavor.

HERBED ZUCCHINI

— Frances Vessey

6 medium sized zucchini (4 - 6 inches)	Salt and pepper to taste.
½ cup salad oil	4 tsp. sugar
½ clove garlic (crushed)	2 Tbsp. cider vinegar
	½ tsp. oregano

Prepare squash by washing only. Do not peel. Cut into 4 lengthwise pieces or slice in rings. Heat oil and garlic together in skillet and add the zucchini. Gently fry until tender and golden brown, turning pieces several times. Season with salt and pepper. Lift carefully to serving dish and keep hot.

Stir remaining ingredients into the oil in skillet. Heat for 1 minute. Pour over the cooked squash. Serves 4 or 5.

ZUCCHINI SQUASH BAKE

— Mrs. Willard (Nelda) Murray

Cut a thin, rounding slice at the blossom end of medium-sized zucchini. Leave peel on. Carefully scoop out entire interior without breaking the outer peel.

Mix the pieces from the interior with your favourite dressing ingredients such as onions, summer savory, butter, etc., similar to chicken dressing but use no bread crumbs as interior zucchini pieces replaces them. Stuff the squash. Use a toothpick to fasten the removed "cap" at the open end. Bake in moderate oven until thoroughly done. Remove to serving tray. To serve, slice with a sharp knife.

VEGETABLES FOR THE BARBECUE

CORN Select tender sweet corn in the husk. Strip husks down to end of cob. DO NOT TEAR OFF. Remove silk. Brush corn with softened butter and sprinkle with salt and pepper. Bring husks up around the corn. Be sure entire ear is covered. Wrap each ear securely in a double thickness of heavy duty aluminum foil. Twist ends well. Lay corn on hot charcoal briquets. Barbecue 10 minutes, turning once.

POTATOES Select medium sized baking potatoes. Scrub well and pat dry with paper toweling. Rub skin with soft butter. Wrap each potato tightly in double thickness of heavy aluminum foil. Place on hot charcoal briquets. Barbecue medium size 45 - 60 minutes, large size 1 - 1½ hours. Turn several times during barbecuing. Potatoes are done if they feel soft when gently pressed. Garnish cooked potatoes with sour cream, finely chopped chives or grated onion.

ZUCCHINI Slice zucchini crosswise in ¼ inch slices. Place individual portions on double thickness of heavy duty aluminum foil. Add cubed fresh tomato, sliced celery, salt, pepper, dash of sugar, pat of butter. Wrap foil securely around food. Barbecue on hot charcoal briquets 14 - 16 minutes. Turn once while cooking.

VEGETABLE MEDLEY Use 9 inch square heavy duty aluminum foil. On each square put a slice of fresh tomato, eggplant, cubed and peeled, thin slice of onion, sliced mushrooms, frozen or fresh peas, thinly sliced carrots or any other vegetable you desire. Season with salt and pepper and add a pat of butter. Wrap foil securely around vegetable. Place on hot charcoal briquets. Turn once during cooking.

In selecting vegetables, it is wise to choose medium size ones for they are less fibrous than the large overgrown vegetables.

POTATOES

For over four centuries, potatoes have fed both the rich and the poor throughout the world. Today potatoes are still one of our most economical and commonly used foods. The potato industry in Canada dates back to 1623, and we in York are very proud to have the "World Champion Potato Growers" right here in our little community.

Potatoes contribute much food value to our diet when eaten often and cooked properly. They are an excellent source of Vitamin C and food energy. It is a common fallacy that potatoes are fattening. One baked potato without butter or gravy supplies only about 100 calories.

Listed below are a few potato "pointers" and "recipes":

Cook potatoes in their well-scrubbed skins whenever possible. This method retains nutritional value best.

If potatoes are peeled before cooking, keep peelings thin and cook as soon as peeled. Do not soak potatoes in water — Vitamins and minerals will be lost.

Boil potatoes in as little water as possible and serve them as soon as they are cooked.

Mashed potatoes should never have lumps in them and are at their best when beaten until fluffy with a little hot milk, a generous lump of butter, salt and pepper to taste.

For tender skinned baked potatoes, rub skin with butter before baking. A hot oven is best for baking potatoes (425° F. - 450° F.). When potato is baked gash an X in the top. Press gently to puff up the inside and let the steam escape. Top with butter and a sprinkle of paprika for color.

Potatoes may be cooked in several ways such as: Boiling (with or without the peelings), baked, scalloped, french fried or barbecued. They may be used in soups or stews or even as additions to other recipes.

See recipes for:

Baked Potatoes (Stuffed) below
 Potato Soup Page 102
 Barbecued Potatoes Page 103
 Scalloped Potatoes Page 102
 Ham and Potato Scallop Page 34
 Mashed Potato Candy Page 9

Stuffed Baked Potatoes

6 baked potatoes	1½ cup milk
2 Tbsp. butter	Salt and pepper

Cut a slice from top of each potato and scoop out center, leaving shell intact. Mash, add remaining ingredients and refill shells. Heat 15 minutes at 400° F. 6 servings.

COOKED POTATOES MAY BE USED IN SUCH WAYS AS,

Quick Potato Scallop — Left over potatoes could be diced and reheated in a double boiler in a well-seasoned fairly thin white sauce. With or without grated cheese.

Additional recipes continued on next page.

If soup is too salt, add a potato or two, peeled and quartered. Potato will absorb some of the saltiness. Remove potato before serving.

Potato Cakes — Cold mashed potatoes could be combined with a slightly beaten egg and a bit of grated onion, shaped into small flat patties and browned on both sides in hot fat or cooking oil. Ground leftover meat or flaked fish pieces may be added for variation. See recipe for Codfish Balls on page 63.

Potato Salad — Use either diced or mashed potatoes. Add salad dressing, chopped hard cooked eggs, onion, salt and pepper to taste. Let stand for a few hours to improve flavor.

Or try letting the diced potatoes and onion marinate in a little French or Italian dressing for one hour in refrigerator. Just before serving, toss with mayonnaise and whatever other ingredients are liked — chopped hard cooked eggs, celery, sweet pickle, crumbled crisp bacon and pile on crisp lettuce leaves.

Pan Fries — Slice cooked potatoes into buttered fry pan. Fry till golden brown, season with salt and pepper.

Potato Croquettes — To hot mashed potatoes, add a generous lump of butter and small amount of milk and chopped onion. Cream well, add salt and pepper to taste. When cool enough to handle, roll into oblong bars or rolls and roll in crushed cornflake crumbs. Refrigerate until needed. Heat in 350° F. oven to serve. Good with cold cuts.

Whipped Potatoes — Add a generous lump of butter and small amount of milk to hot mashed potatoes. Beat with electric beater until fluffy.

TWO NEW TASTE TREATS USING NEW POTATOES

New Potatoes in Foil

12 small new potatoes	2 Tbsp. butter
salt and pepper	1 Tbsp. chopped parsley

Scrub potatoes. Place on large piece of aluminum foil. Sprinkle with salt and pepper, and dot with butter. Wrap package securely, sealing edges with double folds. Bake about 60 minutes at 375° F. Before serving, sprinkle with parsley.

Crispy New Potatoes

12 small new potatoes	Paprika
6 slices bacon	1 Tbsp. chopped parsley
salt and pepper	

Scrub potatoes and cut in ¼ inch slices. Fry bacon until crisp. Remove from pan, drain and crumble. Add potatoes to bacon fat. Sprinkle with seasonings and cook covered until slightly tender (15 - 20 minutes). Uncover and cook until potatoes are tender and golden brown (about 20 minutes) turning frequently. Sprinkle with parsley and crumbled bacon. 6 servings.

Clean spinach by washing it first in warm water to loosen dirt and sand. Then wash it in cold water until it is clean.

Add bits of crisp left-over bacon to spinach or other greens before serving.

FREEZING FRUITS AND VEGETABLES

QUALITY — Freeze only high quality fruits and vegetables. Always use garden fresh vegetables and freeze within a few hours of gathering.

VARIETIES — Choose varieties that are recommended for freezing.

MATURITY — Select fruits and vegetables that are at the ideal stage of maturity for good eating. Freeze fruits that are ripe but firm. Do not freeze any fruit that is green, overripe, bruised or beginning to spoil. Freeze only vegetables that are young and tender. Do not freeze any vegetable that is tough, starchy or woody.

PREPARATION — Clean and cut up fruits and vegetables as for eating or cooking. Prepare and pack quickly and carefully, working with only enough fruit or vegetable to fill 3 or 4 containers at one time.

PACKAGING — Pack fruits and vegetables in cartons, bags or other containers made especially for frozen foods. Use any of the following:

- * Plastic freezer bags — for dry pack
- * Glass jars for any type of pack
- * Freezer wrappings — for corn (on cob), asparagus, peppers or rhubarb
- * Flexible plastic containers with tight fitting lids.

STORAGE TIME — Frozen fruits and vegetables may be stored for 1 year.

FREEZING FRUITS

Dry Sugar pack — Place fruit and sugar in bowl and mix gently. Fill containers. Use about $\frac{1}{2}$ cup sugar to 1 quart of fruit.

Syrup pack — Use the strength of syrup that best suits the tartness of the particular fruit. Slice or cut large fruits directly into containers. Freeze berries whole if desired. Be sure that syrup covers fruit and that head-space is left for expansion. To keep fruit under syrup, place a crumpled piece of waxed paper on top of fruit before placing lid.

SYRUPS TO USE (For each 16 fluid ounce container allow $\frac{2}{3}$ to 1 cup of syrup).

Type of syrup	Sugar	Water	Yield
Thin	1 cup	2 cups	about 2½ cups
Moderately thin	1 cup	1½ cups	" 2 cups
Medium	1 cup	1 cup	" 1½ cups
Heavy	1 cup	¾ cup	" 1¼ cups

No sugar or syrup — Pack fruits such as blueberries, cranberries, rhubarb, strawberries or raspberries without sugar or syrup for use later in jams or jellies.

TO PREVENT DISCOLORATION (apricots, peaches, apples and cherries) Add $\frac{1}{4}$ tsp. powdered or crystalline ascorbic acid (Vitamin C) to 4 cups cold syrup. To dry sugar pack use $\frac{1}{8}$ tsp. powdered or crystalline ascorbic acid (Vitamin C) for 2 cups prepared fruit. Dissolve the ascorbic acid in 2 Tbsp. cold water, sprinkle over fruit in a bowl and mix gently. To 2 cups apples add 2 Tbsp. sugar and mix lightly to coat pieces. To apricots and peaches add $\frac{1}{3}$ cup sugar and mix.

Red cabbage will keep its color if cooked with vinegar. When cabbage is partially cooked add 1 tsp. vinegar to 1 cup water.

FRUIT	PREPARATION	METHOD OF PACKING
APPLES	Choose firm, mature apples. Wash, peel, core and slice. (for use in pies etc.) or make into applesauce.	Follow directions to prevent discoloration. For applesauce, sweeten and pack cold.
BERRIES (blueberries, raspberries, strawberries)	Handle gently, remove stems, wash in iced water and drain.	Freeze with or without sugar or syrup as desired.
CRANBERRIES	Stem and wash.	Pack without sugar or syrup.
CHERRIES	Choose firm, ripe cherries. Wash, stem and pit.	Pack in dry sugar (1 cup to 4 cups fruit) or pack in cold heavy syrup to cover. See directions to prevent discoloration.
PEACHES	Choose firm, ripe fruit. Dip in boiling water $\frac{1}{2}$ to 1 minute, then in cold water. Remove skins and pits, then slice.	Pack in cold, moderately thin syrup or pack in dry sugar, using $\frac{2}{3}$ cup sugar to 4 cups fruit. See directions to prevent discoloration.
RHUBARB	Choose tender rhubarb of good color. Wash and cut stalks in 1 inch lengths or cut stalks in 8 - 10 inch lengths, or make into sauce.	Pack without sugar or pack in dry sugar, using 1 cup sugar to 4 cups fruit.

FREEZING VEGETABLES

BLANCHING (precooking), Cooling and Packing

All vegetables must be blanched before freezing as they contain enzymes which will cause undesirable changes in the flavor, color and texture of the vegetable when frozen. Blanching controls these changes. For blanching, use a large kettle with a cover. Use 4 quarts of water to about 1 pound of vegetable. Place the vegetable in a wire basket and lower into **vigorously boiling water**, place cover on kettle and **immediately start counting the blanching time**. Keep heat on high so that water will quickly return to the boil. Follow exactly the blanching time given for each vegetable. When water returns to a boil, remove cover and move basket up and down several times to ensure uniform blanching. Chill vegetable immediately after blanching by placing under cold, running water. As soon as vegetable is cold, drain thoroughly before packing. Absorb excess moisture with paper towels. Be sure water returns to a boil before adding more vegetables.

PACKING — After blanching, pack chilled, well-drained vegetables in freezer containers. Place filled containers in freezer as soon as possible after packing.

ASPARAGUS — Select young, tender stalks. Wash thoroughly. Cut in uniform lengths to fit containers. Blanching time — Medium — 3 min. Large — 4 min.

BEANS (Yellow or Green) — Select young tender beans. Wash and trim ends. Cut in 1 inch pieces. Blanch for 3 minutes.

BEETS — Select young beets that are firm, smooth. Leave root ends on. Cut off tops leaving 1 inch stems. Wash, cook until tender. Cool quickly, peel and slice or dice. To Use — Thaw to separate. Reheat over boiling water. Or heat for 1½ hours in 325° F. oven.

BROCCOLI — Select dark green, compact heads. Trim and remove woody stems. Cut in pieces not more than 1 inch across. Wash carefully and blanch. Blanching time — Medium — 3 min. Large — 4 min.

BRUSSELS SPROUTS — Select firm, compact heads of deep green color. Wash thoroughly. Blanching time — Medium — 4 min.

CABBAGE — Select firm heads. Remove outer leaves and core. Wash, cut in serving size wedges or shred coarsely. Blanch Wedges — 2 min. Shredded — 1 min. To use Wedges — Thaw to separate. Boil 9 - 10 min. Shredded — Thaw to separate. Boil 4 - 5 min.

CARROTS — Select young, tender carrots. Wash, scrape or peel. Leave small carrots whole. Dice or slice larger carrots. Blanching time — Whole — 5 min. Cut — 3 min.

Note: All vegetables that require blanching must be chilled quickly and drained thoroughly before packing.

CAULIFLOWER — Select compact, white heads. Break into small flowerets. Wash thoroughly. Blanch for 3 min.

CORN (kernel) — Select fresh corn. Remove husks and silk. Wash in cold water. Blanch for 4 min. Chill, drain and cut kernels from cob.

CORN (on cob) — Select fresh corn. Avoid over-mature cobs. Husk. Blanching times — Small — 7 min. Medium — 9 min. Large — 11 min. Cool thoroughly. To cook: Thaw, then boil 3 - 5 minutes.

ONIONS — Select clean, firm onions. Remove outer skin. Wash, then chop. Do not blanch. Pack in small amounts for cooking. Thaw to separate. Sauté in butter or use as fresh onions.

PARSNIPS — Select firm, smooth parsnips. Wash and cut in slices. Blanch 1 min.

PEAS — Select young, tender peas. Shell and wash. Blanch 2 minutes, per pound.

PEPPERS — Select firm, crisp peppers. Wash, remove seeds and stem. Leave whole, cut in half, slice or dice. Do not blanch. Spread on trays and freeze before packing. Use in recipes calling for fresh green peppers.

POTATOES FOR FRENCH FRIES — Select clean potatoes. Wash, peel and cut in ¾ inch fingers. Blanch for 2 min. Spread on trays and freeze before packing. To use, deep fry at 375° F. until potatoes are crisp and brown. Drain on absorbent paper.

Note: All vegetables that require blanching must be chilled quickly and drained thoroughly before packing.

PUMPKIN — Select well matured pumpkin. Peel, remove seeds and pulp. Cut in small pieces and boil until tender. Cool quickly. Mash or sieve. Pack in freezer containers. Thaw, use as canned or freshly cooked pumpkin.

SPINACH or CHARD — Select tender leaves. Wash thoroughly in several waters to remove sand. Blanch 2 minutes. Pack loosely. To use — Boil 3 - 4 minutes.

SQUASH (summer) Zucchini or Vegetable Marrow — Select squash with tender skins with no soft spots. Cut in $\frac{1}{4}$ inch slices and blanch for 2 minutes. Spread on trays and freeze before packing. To use — Boil 7 - 8 min. or bake 45 min. at 325° F.

SQUASH (winter) Acorn — Select squash with a hard shell and no soft spots or damage. Cut in serving size pieces and steam until tender. Do not blanch. To use — Bake uncovered 75 min. at 325° F.

Buttercup — Peel, dice and blanch for 2 minutes. To use — Boil 7 - 8 minutes or bake uncovered 1 hour at 325° F.

Hubbard — Prepare as for pumpkin. To use — Reheat 30 minutes over boiling water.

TOMATOES — Select plump, firm tomatoes of uniform, red color, with smooth skin and no evidence of soft spots. Peel tomatoes: Dip in boiling water for 30 - 60 seconds, cool quickly in cold water and slip off skin. Cut in quarters. Add 1 tsp. salt, dash of pepper and $\frac{3}{4}$ tsp. sugar to 2 pounds tomatoes and cook gently until tomatoes are tender. Pack in freezer containers. Add frozen to soups or stews or heat to partly thaw and add to casseroles.

TURNIP — Select smooth, firm turnips. Peel, dice and blanch for 2 min. Or peel, cut and boil until tender. Mash. To use mashed — Reheat 30 minutes over boiling water or boil diced turnip 7 - 8 min.

Note: All vegetables that require blanching must be chilled quickly and drained thoroughly before packing.

Cook frozen vegetables while still frozen in a small amount of water.

Cook for less time than fresh vegetables because they have been partially cooked during blanching.

Baked potatoes won't explode if you make a slit in the skin of the potato before putting it in the oven.

When preparing Broccoli or Cauliflower for cooking, cut into serving pieces and let stand for 20 - 30 minutes in salted water. Any insects etc. that might be present will float to the surface and are easily removed.

Wilted vegetables such as spinach may be placed in cold water for a few minutes to replace any natural moisture which may have been lost.

Cooked green vegetables stay bright green if cooked uncovered. Do not overcook.

Miscellaneous

Section

*I think the seeds of happiness
Dwell in the simple things
Found all around us every day
In the blessings living brings.
A lovely, shining kitchen
With the sunshine peeking in,
Children's chubby faces
That wear a friendly grin.
Good food upon the table,
An earnest prayer that's said
To thank God for His bounty
As we share and break our bread.
I'm sure the seeds of happiness
Are sown right here at home,
No matter where we wander
Or ever choose to roam.*

WHOLE WHEAT PANCAKES

— Mrs. Minto (Vina) Foster

1¾ cups whole wheat flour
 4 tsp baking powder
 1 tsp. sugar
 2 eggs, beaten

1¾ cups milk
 2 Tbsp. melted butter or
 margarine
 ½ tsp. vanilla

(Serve these for Sunday night supper with bacon and cranberry sauce)
 Combine flour, baking powder, sugar, salt in a bowl. Combine eggs, milk, butter and vanilla; beat until smooth. Add to flour, stirring only until smooth. Bake on lightly greased hot griddle using ¼ cup batter for each pancake. Bake until top is bubbly and edges dry. Turn and brown on other side. Makes 15 4-inch pancakes.

PICKLED EGGS

— Mrs. Minto (Vina) Foster

12 hard cooked eggs
 1½ cups vinegar
 ½ cup water

1 tsp. salt
 1 tsp. pickling spice

Peel eggs and place in large jar. Place remaining ingredients in saucepan and boil 5 minutes. Strain. Pour over the hard cooked eggs. Cover and refrigerate. Let stand at least 3 days before using.

SHRIMP COCKTAIL

— Mrs. Richard (Dorothy) Vessey

3 tins small shrimp (drained)
 1 large can tomato juice
 1 bottle chili sauce
 1 spanish onion (diced fine)

1 stalk celery (diced fine)
 1 or 2 tsp. worcestershire sauce
 salt and pepper to taste

Mix all together and put in container. Store in fridge.

PERFECT HAM GLAZE

— Mrs. Gordon (Ethel) Vessey

When ham is baked brush surface with ½ cup honey or corn syrup

Combine:

1 cup brown sugar
 2 Tbsp. flour

1 Tbsp. dry mustard

Add enough vinegar to make a paste.

Spread over surface of ham. If desired cherries or pineapple slices may be fastened to the ham with toothpicks. Bake 10 - 15 minutes at 500° F

GRANOLA CEREAL

— Frances Vessey

3 cups rolled oats
 ¼ cup wheat germ
 ¼ cup bran
 ½ cup sunflower seeds

¼ cup sesame seeds
 ¼ cup skim milk powder
 ¼ cup vegetable oil
 ½ cup orange juice concentrate

Mix all ingredients together so that the dry ingredients are coated with the vegetable oil and the orange juice. Spread this mixture on a cookie sheet. Bake for 40 minutes or until crisp in 225° F. oven. During baking, stir every 15 minutes to ensure even browning. After baking add ½ cup raisins and ¼ cup unsweetened coconut. Store in jar with tight fitting lid. Makes 6 cups.

SNACKING GRANOLA BARS

— Mrs. Barrie (Gail) Metcalfe

- | | |
|---------------------------------|------------------|
| 3½ cups rolled oats | ¼ cup corn syrup |
| 1 cup raisins | 1 egg beaten |
| 1 cup chopped nuts | ½ tsp. vanilla |
| ⅔ cup melted margarine | ½ tsp. salt |
| ½ cup firmly packed brown sugar | |

Toast oats on **ungreased** shallow baking pan in 350° F. oven for 15 - 20 minutes. Combine toasted oats with remaining ingredients. Mix well. Press firmly into well greased 15 x 10 pan. Bake at 350° for 20 minutes. Cool. Cut into bars. Coconut can be substituted for some of the raisins if desired.

PANCAKES

— Mrs. Reuben (Pat) Watts

- | | |
|----------------------|--------------------------|
| 1½ cups sifted flour | 1 egg, slightly beaten |
| 2 tsp. baking powder | 1¼ cups milk |
| 1 Tbsp. sugar | 2 Tbsp. melted butter or |
| 1 tsp. salt | salad oil |

Sift flour, baking powder, sugar, and salt together. Break egg into bowl and beat slightly. Stir in milk and melted butter. Add dry ingredients all at once, stir only until flour is dampened. Do not beat. Drop by large spoonfuls on hot griddle or greased frying pan and bake until bubbles form and edges start to dry. Turn and bake on other side until golden brown. Makes 8 to 10 pancakes.

DUMPLINGS

— Mrs. Gordon (Ethel) Vessey

Blend or sift together:

- | | |
|----------------------|--------------------|
| 1 cup flour | ½ tsp. salt |
| 2 tsp. baking powder | 3 Tbsp. shortening |

Stir in:

- | | |
|------------|----------------|
| ½ cup milk | 1 tsp. parsley |
|------------|----------------|

Blend just until flour is moistened. Drop by large spoonfuls on simmering stew. Cover pan tightly (cook for 15 minutes). Do not lift cover during cooking. Yields 6 - 8 dumplings.

PANTRY PLANT FOOD (For house plants) — Mrs. Frank (Lillie) Watts

- | | |
|----------------------|--------------------------|
| 1 tsp. Epsom salts | ½ tsp. household ammonia |
| 1 tsp. baking powder | 1 gal. tepid water |
| 1 tsp. salt petre | |

Mix well. Do not use more than once a month. Especially good for leafy plants, violets, cactus or ivy. All ingredients are available at drug store.

EQUIVALENT MEASURES

- | | |
|-------------------------------------|----------------------------|
| Dash or pinch less than ¼ tsp. | 4 cups 1 quart |
| 3 tsp. 1 Tbsp. | 4 qts. 1 gallon |
| 4 Tbsp. ¼ cup | 8 oz. 1 cup |
| 5 Tbsp. + 1 tsp. ⅓ cup | 16 oz. 1 lb. or 1 pt. |
| 16 Tbsp. 1 cup | 1 peck 12 - 15 lbs. |
| 2 cups 1 pint | 4 pecks 1 bushel |

"SUBSTITUTIONS AND EQUIVALENTS" guide on page 16.

COOKING IN METRIC

— Vivian Oakes

$\frac{1}{4}$ tsp.	= 1 ml
$\frac{1}{2}$ tsp.	= 2 ml
1 tsp.	= 5 ml
1 Tbsp.	= 15 ml
2 Tbsp.	= 25 ml

$\frac{1}{4}$ cup	= 50 ml
$\frac{1}{3}$ cup	= 80 ml
$\frac{1}{2}$ cup	= 125 ml
1 cup	= 250 ml
1 litre	is a little less than 1 quart

OVEN TALK IN METRIC

Slow oven	120° C. - 150° C.	or	250° F. - 300° F.
Moderate	160° C. - 180° C.	or	325° F. - 350° F.
Moderate hot	190° C. - 200° C.	or	375° F. - 400° F.
Hot	220° C. - 230° C.	or	425° F. - 450° F.
Very hot	240° C. -	or	475° F. -

POULTRY ROASTING TIMETABLE

Poultry	Weight	Roasting Time	Oven Temp.
Chicken	4 - 8 lbs.	30 - 35 mins. per lb.	325° F.
Turkey	8 - 10 lbs.	25 min. per lb.	325° F.
"	12 - 16 lbs.	20 min. per lb.	300° F.
"	16 - 25 lbs.	18 - 20 min. per lb.	300° F.
Duck	4 - 8 lbs.	20 - 25 min. per lb.	325° F.
Goose	10 - 12 lbs.	25 - 30 min. per lb.	325° F.

Note: If poultry is not stuffed, reduce time per lb. to 5 minutes.

MEAT ROASTING TIMETABLE

Meat	Roasting Time	Oven Temperature
Beef, rare	20 min. to lb.	300° F.
Beef, medium	25 min. to lb.	300° F.
Beef, well done	30 min. to lb.	300° F.
Pork	40 min. to lb.	350° F.
Ham, smoked	30 min. to lb.	300° F.
Veal	35 min. to lb.	325° F.

WHITE SAUCES

No. 1 thin: 1 cup milk - 1 Tbsp. flour - 1 Tbsp. butter.

No. 2 medium: 1 cup milk - 2 Tbsp. flour - $1\frac{1}{2}$ Tbsp. butter.

No. 3: 1 cup milk - 3 Tbsp. flour - 2 Tbsp. butter.

No. 4: 1 cup milk - 4 Tbsp. flour - $2\frac{1}{2}$ Tbsp. butter.

Add salt and pepper to all numbers to taste.

Use No. 1 for cream soups.

Use No. 2 for creamed or scalloped dishes.

Use No. 3 for souffles.

Use No. 4 for croquettes.

TABLE OF ABBREVIATIONS

t or tsp.	teaspoon
T. or Tbsp.	tablespoon
c.	cup
pt.	pint
qt.	quart
lb.	pound
oz.	ounce
pkg.	package

See page 2 for "Common Cooking Terms".

